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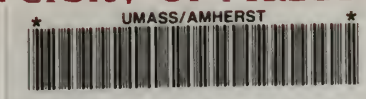

Massachusetts Clearinghouse of Mutual Help Groups

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MASSACHUSETTS CLEARINGHOUSE OF MUTUAL HELP GROUPS

DIRECTORY

SUMMER 1992

"To be connected to others, to belong, to receive social support when needed and be able to give it is an important part of mental health. A healthy society provides opportunities for people to be connected in these ways in forms and associations of their own choosing, and provides special help for those unable to avail themselves of such opportunities."

The President's Commission on Mental Health

This publication was revised by Warren Schumacher and Gertrude Lashway, Massachusetts Cooperative Extension System, Department of Consumer Studies, 113 Skinner Hall, University of Massachusetts, Amherst, MA 01003. For future reference, contact:
The Massachusetts Clearinghouse of Mutual Help Groups at the above address. Phone Number: (413)-545-2313.

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USER SURVEY

Massachusetts Clearinghouse of Mutual Help Groups

Name: _____ Title: _____

Organization: _____

Address: _____

City: _____ State:_____ Zip:_____

Phone:_____ (day) _____(eve.)

We are asking your cooperation in determining approximately how many times this Directory is being used. Please start to use this survey at the beginning of the month after you receive it, and use the chart below to record the number of uses for six (6) months. Using a simple counting method (////), keep track month-by-month of uses by (a) members of your group, (b) your own staff, and/or (c) clients or members of the public who use your group's/agency's services. At the end of the sixth month, remove this survey from your Directory, fold in thirds, tape or staple together and drop this postage-paid sheet in the mail to us.

_____ Month:	_____ Month:
_____ Month:	_____ Month:
_____ Month:	_____ Month:

Thank you for your cooperation with the work of the Massachusetts Clearinghouse of Mutual Help Groups.

Sincerely,

Dr. Warren F. Schumacher
Associate Professor
Cooperative Extension System
Department of Consumer Studies

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HELP

DO YOU NEED HELP WITH A SPECIFIC PROBLEM?

CAN'T SEEM TO FIND A GROUP TO FIT YOUR NEEDS?

IF A SPECIFIC GROUP DOES NOT HAVE MEETINGS IN YOUR GEOGRAPHICAL AREA, WOULD YOU LIKE TO START A GROUP?

IF YOU ARE HAVING TROUBLE FINDING WHAT YOU NEED OR ARE CONFUSED ABOUT HOW TO GO ABOUT IT, PLEASE FILL OUT THE FORM BELOW AND RETURN TO:

Clearinghouse of Mutual Help Groups
112 Skinner Hall
Department of Consumer Studies
University of Massachusetts
Amherst MA 01003

Please Print

NAME _____

ADDRESS _____

_____

_____

TELEPHONE _____
(Please include area code)

I WOULD APPRECIATE ASSISTANCE WITH THE FOLLOWING:

_____

_____

_____

_____

_____

Use back of sheet if more room is needed.

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FOREWORD

by Phyllis R. Silverman, Ph.D.

Over the past two decades we have witnessed a change in the way we go about meeting our needs for support and guidance when we find ourselves facing stressful situations or critical periods in our lives. Not too long ago the most appropriate thing to do, to help us deal with this stress, would have been to seek the advice of professionally trained experts. Personal experience gained from solving problems was discounted and we automatically deferred to the expert. Professional knowledge has not always lived up to our expectations and was sometimes not as effective as we hoped. In addition, services were often delivered in an impersonal manner and some of us were uncomfortable about being treated as "cases." We began to look for new sources of knowledge that might be more helpful and other organizational settings that might be more supportive and responsive to us as individuals.

We discovered that the source of this knowledge was all around us in peers who had similar experiences. By sharing our common struggles and common humanity we could gain new knowledge and new perspective. Without this type of mutual aid, no society is viable. Exchanging resources and information is what makes neighborhoods and families work.

Now another dimension is being added that focuses on the special knowledge some people gain from effectively dealing with a particular problem. These people don't always live in the same neighborhood, nor are they part of the same family. To make this expertise, gained from personal experience, available to others, people are joining together in informal and formal organizations that are sometimes called "self-help" groups. Others call them "mutual help" organizations. I prefer the term "mutual help" since it more accurately describes the exchange that takes place between people when they share the experience they have coping with a common difficulty.

Over the past two decades, we have witnessed a proliferation of these organizations. They have demonstrated the value of peers using their personal experience to help each other with a common stressor. They have also legitimated this kind of help as effective and appropriate, adding to the resources available in a community. What distinguishes this type of organization from other helping organizaitons is the fact that, to be a leader or helper in the organization, people must have experienced the problem personally. Professional training is irrelevant in this context. In addition, generally people join mutual help groups as members. They pay dues and elect officers, and helpers are chosen from the membership according to criteria established by this membership. Sometimes they are affiliated with a national organization. In other instances, they are a local grassroots effort.

The assistance offered by mutual help organizations can take many forms. It may include one-to-one exchanges, informal rap sessions, educational seminars (either on an occasional basis or as part of a regular series on a range of topics specifically relevant to the problem of group members), social gatherings and the sharing of personal experience by small groups in formal or informal settings. Some groups have hot lines through which persons in need can reach them and get immediate help with a problem, and others have active outreach programs in which experienced members make unsolicited efforts of help to potential members. For example, members of Mended Hearts visit people in the hospital before and after coronary surgery. Many widowed programs send a note to the newly bereaved shortly after the funeral.

Thus, while we may talk about groups, help in a group setting is, in fact, only one of the kinds of help offered in most mutual help organizations. Each organization has its own body of information and helping strategies particular to the problem with which it is concerned. The best known of these is the 12 Steps of Alcoholics Anonymous which has been adapted to their special needs by other anonymous groups concerned with, for example, gambling, overeating and child abuse. Other groups concerned with disabilities or life cycle issues such as bereavement, have a more flexible approach. Regardless of the format, members learn from each other what they can do about their situations.

Why is such help so effective? This help has special meaning since it emanates from people who have had similar experiences, making it easier to identify with the helper and providing a certainty that the helper knows exactly how they feel. People no longer feel alone with their problem and discover that what they experience as unusual is common to others in a similar situation.
Members' feelings and experiences are legitimated and a framework provided for coping with the situation. Peers are more under- standing and patient, and their expectations are more appropriate than in other kinds of help. In addition, receiving help from a peer tends to minimize a sense of weakness or incompetence in the person needing help. Not only may the need to find someone like oneself be central to learning to cope with change, but the opportunity to change roles and become a helper may be as important as well. People become helpers when they have achieved some perspective on their problem and are willing to share their personal successes as well as their failures with others newly arrived in the same condition they were once in. In the words of a member of a mutual help organization for the widowed: "When you help others, you help yourself."

This directory is designed to help consumers find appropriate groups at times of need. It is also designed for professionals to facilitate their making referrals, thus expanding the repertoire of helping resources available to people they serve. Another function of the directory is to help people distinguish between mutual help organizations and organizations directed and staffed by professionals that bear similar names. By their very nature, professional agencies cannot be mutual help

organizations. Some of them have been offering support groups. These groups have an integrity of their own, but they are not a substitute for affiliation with a mutual help group. In an agency, people are not members of the organization, they do not make policy and they do not, in turn, become helpers themselves. They are clients; professional staff make policy and provide the available help. There are perils in borrowing helping modalities as if the context in which the help is offered does not matter. Contexts in fact do critically chang the nature of the help offered. The more professionals are involved, the more the help offered is likely to resemble group trerapy. This can be inadvertently deceptive for people looking for mutual help experience.

Most people at times of stress need a range of services. All of these services cannot be provided in one setting or by one type of helper. It is my hope that this directory will facilitate making this range of services available; and that, on behalf of people in need--and that is all of us at one time or another--this directory will facilitate the collaboration between all helping resources available in a community.

(Phyllis R. Silverman, Ph.D., is the author of Mutual Help Groups: Organizations and Development, published by Sage in 1980 and Widow-to-Widow published by Spring in 1986. Mutual Help Groups provides the reader interested in starting a mutual help group organization with a step-by-step guide.)

INTRODUCTION

PURPOSE

The purpose of this Directory is to make mutual help groups in Massachusetts more visible and accessible to the people who need them. These groups, by their very nature as informal, grassroots organizations, have neither the resources nor often the intention of becoming well-publicized. Yet these groups of people helping each other handle their common problems or conditions provide a valuable helping resource in our communities. The tremendous growth of mutual help groups over the past 15 years provides compelling evidence that they are meeting genuine human needs. Research shows that over 15 million groups utilize our greatest community resource--people--in efforts to help one another.

MASSACHUSETTS COOPERATIVE EXTENSION

This publication is the 5th edition of a statewide directory of mutual help groups published by Massachusetts Cooperative Extension in its efforts to collect and disseminate mutual help group information. Massachusetts Cooperative Extension is an informal educational agency utilizing the assets of the University of Massachusetts at Amherst, Massachusetts counties and the U.S. Department of Agriculture. Extension offices are located in several counties, as well as the University's Suburban Experiment Station in Waltham, the Marine Experiment Station in Gloucester and the Cranberry Experiment Station in Wareham.

Extension transmits practical information produced by research centers and universities to the public. Extension's aim is to help people identify and solve problems, many times through the use of new technology. Extension's byword has traditionally been "helping people help themselves."

Support Networks in Massachusetts: 1st Edition, 1985

A Cooperative Extension research project called "Strengthening Family Support Networks in Massachusetts" began in early 1984 and produced Support Networks in Massachusetts: A Listing of Self Help Groups for Families and Individuals in May 1985. The purpose of that Directory was to simultaneously provide information on support networks in the state and to dig up information about those we had not heard of. Readers responded to that first state-wide Directory by telling us about groups we had omitted or listed incorrectly. Transferring our listing to a Digital Rainbow computer provided by the University of Massachusetts Division of Home Economics and Cooperative Extension, our database became more fluid and responsive to the new information we continued to receive.

Support Networks in Massachusetts: 2nd and 3rd Editions, 1986
The 2nd Edition of our statewide mutual help directory, titled Support Networks in Massachusetts: A Listing of Self Help Groups, was published in May 1986. There was a greater demand for this resource than we had anticipated and our supply of 2400 copies barely lasted three months. More revisions were submitted, and we faced a funding termination date of October 1 with a backlog of requests for the Directory and a bundle of new and revised listings to incorporate. As a result, both a 3rd Edition and a Supplement to the 2nd edition were published in the fall of 1986 to incorporate recent changes and to fill the backlog of requests we had received.

MASSACHUSETTS CLEARINGHOUSE OF MUTUAL HELP GROUPS DIRECTORY

The 3rd edition was the first directory of the Massachusetts Clearinghouse of Mutual Help Groups. We have begun to use that title to acknowledge that Massachusetts Cooperative Extension system has been carrying out several of the functions of a "self-help clearinghouse" described by Borck and Aronowitz in Prevention in Human Services (Vol. 1, 1981): compilation of information; publication of a directory; and information and referral on mutual help groups.

There were 350 mutual help groups, associations and support networks in our computer database. At least 25 of these listings were reference points for statewide networks of anywhere from 10-100 different chapters or groups. Alcoholics Anonymous, the Compassionate Friends and the Cancer Information Service are examples of such listings in the 3rd Edition. Putting all these numbers together. At that time, we knew of over 1,000 groups in the state of Massachusetts in which people who share a common problem or condition are exchanging help with each other.

A NEWSLETTER was published and distributed throughout the Massachusetts Self-Help network in February 1989. Number 2 of that NEWSLETTER was published in the Fall of 1989 and another in the Spring of 1990.

The 4th edition of the Directory was published in May 1990 under the direction of an expanded Advisory Board. Enthusiasm ran high and workshops and conferences were planned. A Winter 1990/91 Newsletter and Fall 1991 Newsletter were published to encourage interaction among self-help groups and professionals.

The economic recession triggered a reduction of many professional services to those in need. With the cut-backs in social services and a shrinking of budgets, many Self-Help Clearinghouses throughout the country have disappeared. The Massachusetts Clearinghouse has survived on an extremely low budget and the support of the Cooperative Extension System. However, those who served on the Advisory Board have experienced enormous pressure within their professional careers and their

activity on the board has ben drastically reduced.

This 5th edition of the Directory (Summer 1992) is evidence of the importance of the Mutual Help movement and our commitment to continue to reach out in support of all of those who assist those in need, both Self-Helpers and professionals.

There are over three hundred and eight (308) separate listings contained in this Directory. Some of those listings reflect ten separate self-help groups, others represent over one hundred. Consequently, it is safe to say that currently there are over two thousand (2,000) active Self-Help groups in the Commonwealth of Massachusetts.

Through the Clearinghouse, we are conducting an intensive research on the relationship between professionals and self-helpers. How can this relationship be strengthened so that those in need are served more effectively and efficiently? Anyone interested in participating in this project should contact Dr. Schumacher at the Clearinghouse.

We are also committed to building a more active Advisory Board so that the Newsletter may continue and that workshops and conferences can be supported. Funding for such activities is difficult to secure, but the motivation to accomplish these goals is strong. Anyone interested in working toward these goals is encouraged to contact us here at the Clearinghouse.

An international conference on Self-Help is being held in Ottawa, Canada, during September 1992. This is another indication of the health of the movement. We will report on the activity of the conference in the Fall NEWSLETTER.

GUIDELINES FOR GROUP LISTING

We know there are more groups out there we have not yet heard about. Many of the revisions and additions included in this 5th Edition came to us via the postage-paid Directory Response Forms, three of which you will find at the back of this Directory. Please use these to let us know about mutual help groups we have omitted or listed incorrectly. Groups need to fit the following criteria in order to be listed:

A. The group is composed of members having a vested interest in a special life challenge.
B. The group's authority and control rest with the members of the group.
C. The primary source of help and expertise is in the group itself.
D. The group has ongoing meetings.
E. Membership in the group is free or requests are made for donations or fees to cover costs of operations.

Using these guidelines, some groups or programs included in the 1st and 2nd Editions have not been listed here because we felt they did not meet the guidelines.

We firmly believe that these programs and groups provide essential services, and we intend to make no statement regarding quality or importance by our decision whether or not to list certain groups. Our chief concern is that consumers using this Directory be clear about the services offered and be able to find the mutual help group they seek.

THE MASSACHUSETTS CLEARINGHOUSE OF MUTUAL HELP GROUPS

The Massachusetts Clearinghouse of Mutual Help Groups can use your letters of support for this Directory and for our continuing efforts to secure funding to expand our clearinghouse activities. Correspondence can be sent to:

Massachusetts Clearinghouse of Mutual Help Groups
c/o Dr. Warren F. Schumacher
Massachusetts Cooperative Extension System
Department of Consumer Studies
113 Skinner Hall
University of Massachusetts
Amherst MA 01003-0099

Telephone: (413)-545-2313

HOW TO USE THIS DIRECTORY

Finding Groups

This Fifth Edition gives you two ways of locating groups, depending on how much you already know about the group(s) you seek:

1. To locate a group in your area for a particular kind of need, look in the Table of Contents at the front of the Directory for the Sub-Category which most closely matches that need. Turn to those listings and look for your county or area in the state within that Sub-Category. For example, if you want to know the name of a group in Worcester County for mothers of young child- ren, you first look under the Main Category of Parenting. Under Parenting, the Sub-Category dealing with mothers' groups is called Networks. Turn to the pages which list groups under "PARENTING: Networks--" and look under Worcester County, where you will find the names of several groups.

2. To locate a group that you already know by name, look up the name in the Index at the back of the Directory, where you will find the page number of the group's listing. If you do not find your group in the Index, double-check for it in the Table of Contents under the Main Category and Sub-Category headings where it should be listed. Check those Sub-Categories in the Directory. If you still can not find your group, go to the back of the Directory and fill out one of the Directory Response Forms and mail it to us. We will add your group to our database as soon as possible.

In compiling this Directory, we have tried to list all groups in the manner they preferred. Some statewide networks, such as, Parents Anonymous and The Compassionate Friends, which maintain up-to-date information on all their groups, asked that we simply list a single contact number for the whole state. Others, such as Emotions Anonymous, The Ostomy Association, and Mended Hearts, sent us contact names and phone numbers for all of their groups in Massachusetts.

Reading a Group Listing

All groups are listed alphabetically by (1) Main Category, (2) Sub-Category, and (3) County. Listings for every group in this Directory (except for Hospital Self-Help Groups) follow a standard format. Some group entries will be longer than others if they have more than one Contact Person, several phone numbers or longer statements of purpose. The example of the group, PIETA below illustrates the group listing format:

BEREAVEMENT: Widowed-- Middlesex
PIETA
14 Richard Rd. Hudson MA 01749
Fr. William Wolkovich (617)-762-0979, Catherine (508)-562-3016
36 St. George Ave. Norwood MA 02062
Mrs. Charlotte Baker (617)-769-4185
80 Hazelwood Drive, Norwood MA 02062

Support for parents who have experienced death of a child of any age. Catholic-oriented; open to people of all faiths or none. 10/91

Explanation of Group Listing Format:

Top Line: MAIN CATEGORY: Sub-Category-- County Name
Second Line: GROUP NAME
Third Line: Group's Mailing Address
Fourth and Fifth Lines: Contact Person #1 with phone number and mailing address.
Sixth and Seventh Lines: Contact Person #2 with phone number and mailing address.
Eighth Line: The group's statement of purpose.
Final Line: Most recent date of contact with this group.

Hospital Mutual Help Groups

This section of this Directory lists the member-run mutual-help groups sponsored by or meeting at those hospitals in Massachusetts which responded to a mail-in request in the fall of 1991. There are, of course, many more hospital-related groups in the Commonwealth, but we felt it was important to list those we did have for this edition of the Directory.

Below is a sample Hospital listing with an explanation:

Marlborough Hospital 7/91
Social Service Department
57 Union St.
Marlborough MA 01752

ALZHEIMER'S SUPPORT GROUP
Lucille Killoh, Social Serv. Dept (617)-485-1121
Meets monthly
CANCER SUPPORT GROUP
Same contact as above; meets monthly.

Explanation:

Each hospital listing begins with the hospital's name and address, followed by the names of the groups in capital letters. Under each group name, you will find the person or department to contact for information about that particular group, with a contact phone number. In this instance, the date to the right of the hospital name is the date of the most recent update.

Contacting a Group

To contact a group by mail, please use the Group Mailing Address listed on the third line if it differs from a Contact Person's mailing address. Many groups are coordinated by people in their spare time, and they use a post office box for group mail instead of their home addresses.

To contact a group by phone, call Contact Person #1 first because they are more likely to be able to give you the most helpful information about the group. If unable to reach that first Contact Person, try the second. Many of the contact phone numbers are home phones, so several tries may be necessary. Many self-help groups follow the anonymity principles of Alcoholics Anonymous and do not list Contact People. For each of these, there is a contact phone number you can call.

If a group is not within traveling distance, consider contacting the group for information, literature, networking and advice on starting a local chapter.

If You Do Not Find a Group in Your Area

If you are looking for a mutual help group in your area dealing with a particular need and are unable to find one, please let us know. You can contact the Massachusetts Clearinghouse of Mutual Help Groups by mail at the address shown on page vi or by using the Directory Response Form. We can be reached by phone at (413)-545-2313 (Cooperative Extension at the University of Massachusetts in Amherst) Ask for Clearinghouse or Dr. Warren Schumacher.

We will keep your name, interest and location on file and do our best to connect you with a group or with other individuals who have expressed a similar need.

Information and Referral offices throughout the Commonwealth can be helpful in locating self-help groups. The "Additional Directories" listed at the end of this Directory will provide you with further assistance.

Give serious consideration to starting a new group in your area. The Massachusetts Clearinghouse can provide you with ideas and assistance for getting started as well as linking you with others. Experience has shown that connecting people who have similar needs for a group where no group exists can be like rubbing two sticks together to start a fire. The next section of the directory gives a step-by-step guide to starting your own group.

PLEASE NOTE: The listing of an organization in this directory does not necessarily imply an endorsement of its purpose or quality, nor does any omission signify disapproval.

STARTING A MUTUAL HELP GROUP

Mutual Help Groups: What Are They?

Mutual help (or self-help) groups are groups of people with common concerns who have come together to help themselves and each other by sharing information, experiences and personal solutionstions. Such groups help participants feel less isolated by providing social support. The idea is that, by pooling experiences and knowledge, participants can greatly increase their personal resources to manage a particular life challenge effectively. The expertise for problem-solving lies in the collective wisdom of the members themselves. Ever since the founding of Alcoholics Anonymous in 1935, mutual help group members have found that in the very process of giving their help to others, they are helping themselves. (Credit to: The Self Help Directory (Sacramento, CA) & The Connecticut Directory of Self Help/Mutual Support Groups.)

Mutual Help Groups: Who Are They For?

Mutual help groups exist for almost every medical condition, and for most compulsive or addictive behaviors. There are groups for many of the life transitions such as divorce or death our families face. They can also be helpful to people whose physique, or other conditions, set them apart from "the norm", such as people who are unusually tall or parents of twins. There are groups which assist people who have experienced traumas in their past which bother them today. Self-help means a group where openness, informality, friendliness and getting involved are the usual way of doing things. If those qualities sound good, maybe self-help is for you! (Credit to: Helping You Helps Me, by Karen Hill/Health and Welfare Canada and The Self Help Directory, Sacramento, CA)

This directory lists groups which have been in existence anywhere from 50 years (Alcoholics Anonymous) to a few months. Regardless of their age, size or membership, most mutual help groups are started by small groups of people who share a common problem, who have tried other ways of dealing with it and have turned for help to others who share the problem. By working together these people have created their own organizations which give them new hope for living. There are many different effective ways to get a mutual help group started, and every organization has its own unique story to tell. But the experiences of successful groups can be described in seven basic steps, leading up to their first public meeting.

1. Gather a core group of like-minded people

First, you must define as clearly as possible the situation or characteristic you want to do something about. Think about groups or individuals who might share

your interest in the problem and make a list of them. Look in this Directory, contact social service agencies or Information & Referral lines in your area to find out what groups already exist so you will not be "re-inventing the wheel". As you begin telling people about your idea, you'll find others who will want to be part of it.

2. Think mutual help from the start

Some of the people who express an interest in your idea will want to help you organize a group, while others may simply want to join a group once it's established. Ask those who are interested in organizing with you to become part of the "core group". As your core group begins deciding what needs to be done, spread the responsibilities around so everyone is involved. Mutual help groups thrive on shared leadership.

3. Define the purpose, select a name

The group purpose is a statement about what you expect the group to accomplish; the group name is a succinct expression of your purpose. Making this a shared process with your core group will allow members to talk about their own reasons for becoming involved. Clarifying your shared visions by deciding on a purpose statement and a group name will help you talk about your group to the public.

4. Determine membership guidelines

Who can join the group and who cannot? Most mutual help groups are informal. People come and go as their needs are met. But you may need to place some limits on membership and that would mean having to say "No" to some who want to join. Some questions to think about are: Is the group only for people who share the problem or interest? Is it open to their families and friends as well? Are there any geographic or age limits?

5. Find a suitable meeting place

The most commonly-used locations for mutual help group meetings are: churches, YMCA/YWCA's, community centers, senior citizen centers, local libraries, banks, town halls, community colleges, or hospitals (especially if your group is health-related). To find a place, make use of personal contacts members of the group have. Use members' homes only as a last resort: a neutral place allows the shared leadership idea to function more freely. Some members may feel burdened with the responsibility of hosting the meeting.

Your meeting place should be large enough for 15 or 20 people. A kitchen or a sink for making coffee is desirable. Placing chairs in a circle so people can see each other makes for a friendlier atmosphere than a classroom arrangement.

In arranging a meeting place, be sure to communicate that your group is a voluntary non-profit organization intending to provide a service to the public free of charge. Be clear about
when and how long your meetings will be and who will be responsible for opening and closing the place.

6. Publicize your first public meeting

A variety of publicity approaches may be useful:

a. Think about where potential members of your group regularly go. Contacting physicians, clergy or other professionals can be useful. Use flyers, personal contact or hand-outs to reach these potential members.

b. Run off flyers about the meeting to post in libraries, hospitals, professional offices, community centers, shopping centers or post offices.

c. Place a free announcement in your local newspaper's community calendar.

d. Use word-of-mouth and personal contact as much as possible. Call people who might be interested and invite them to come. The personal touch helps people feel like they belong.

7. Conduct your first public meeting

Consider which of the following preparations your group will want/need to do: setting up chairs, a resource table, some refreshments; arranging for a speaker or film to highlight your issue; having a couple of core group members to greet people as they arrive; designing a planned agenda to be used flexibly as the meeting progresses.

Begin the meeting by having the members of the core group introduce themselves and their experiences which led to the formation of the group. Tell people about your core group's organizing work thus far and the group's purpose.

Give everyone at the meeting an opportunity to introduce themselves, their interests in the group and to briefly tell their own story. Allow these self-introductions to be optional; do not pressure newcomers to "tell all" at the first meeting. Building a safe atmosphere takes time.

These introductions will raise issues the group can then be-begin to discuss. Make sure everyone gets introduced before proceeding into a discussion of issues. A person with leadership skills and knowledge of group process is helpful, though not necessary, in facilitating group discussion. If it seems appropriate, try to focus the discussion towards activities and tasks which those in attendance can begin doing. Having something to work on helps people feel a sense of ownership of the group. The sooner people feel that the group belongs to them, the better.

Before the meeting is over, decide a time and place for the next meeting. Also have a sign-up sheet ready for names, addresses and phone numbers: you may want to have people sign this as they arrive. Copy this membership list and, if they consent,

send it out to people to encourage between-meeting contacts.

(This section of the Directory is based on material from the New Jersey Self-Help Clearinghouse, Canadian Council on Social Development and the Mental Health Association of Connecticut.)

NOTE: For more details, call (413)-545-2313 and ask for the 31 page publication, How to Organize a Self-Help Group.

St Clares · Riverside
MEDICAL CENTER

Self-Help Clearinghouse

Telephone: (201) 625-9565
TDD line: (201) 625-9053

SOME HELP FOR THE HELPER:

A GUIDE FOR THE SELF-HELP GROUP CONTACT PERSON

by Barbara White and Pat de la Fuente

As contact person, you are the essential link between someone in need and your self-help group. When a prospective member finally gets the courage to call, your response can make the difference and determine whether or not that person will come to a meeting. You will also be a crucial link to the public at large; your name and phone number will appear on your group's media announcements and flyers. Your responsibilities can seem overwhelming unless you have support - and that's where this Guide comes in.

Designed primarily for the new contact person, we hope this Guide will be useful to experienced contact people as well - and that you will tell us what works for you and what doesn't, so the Guide can be revised to meet your needs.

Some contact people with experience in self-help groups have already given us some good advice, which can be summed up as: "Know yourself." One group leader described the ideal contact person as "patient, compassionate, understanding." Another advised contacts to be "sensitive to other people's needs, but not so overly sensitive that you take their problems home with you." Other groups look for "a good listener - willing to listen to a 40-minute phone conversation;" "someone who knows when to share the load with others in the group;" "someone able to give full attention to a person in crisis." Chances are, if you and your group want you to be a contact person, you already have many of these qualities.

Most groups have found that callers are most comfortable talking with a contact person who shares their problem and is involved in the group. This is especially true of groups that deal with very sensitive issues such as incest, AIDS, child abuse, etc. In some instances it is much more comfortable for the caller to be offered the option of talking with someone of the same sex, age group, or with the same condition or experience, etc. It is advisable that contact people be veterans, which means they have had a good deal of experience dealing with their own situation, which places them in a much better position to be of help to others.

A few groups prefer a professional as the contact person, to determine whether the caller can be helped by the group or requires an alternative such as individual therapy. However, a new person often prefers to talk to someone who has "been there."

If, after doing some soul-searching, you feel that you know yourself and the needs of your group, this guide can help you with some of the basics, such as:

Setting Up a Telephone Contact System
Responsibilities of a Contact Person
Handling Difficult Calls
Preventing Burnout

Pocono Road, Denville, New Jersey 07834

SETTING UP A TELEPHONE SYSTEM

As always, the best advice is: Don't try to do it alone! Is there a way to rotate coverage of the phones? Can your flyers list two or more phone numbers? The Phone Company has a "call forwarding" service which, although expensive, may make it possible for several members to act as telephone contact people.

Answering Machines: Pros and Cons

Answering machines are great for taking messages when you are away. They can also give you the opportunity to return calls at your convenience, when you are not busy with personal matters and you have the emotional energy to respond to someone who needs support.

If you do use an answering machine, the message should include:

Your name and the name of your group.
The date, time and place of the next meeting (updated regularly).
The best time for you to return the call.
The name and phone number of another contact person, if available. Try not to crowd the message tape with too much information; it can confuse the caller. And make sure you call back promptly!

But answering machines do have their drawbacks. Some callers are not comfortable leaving messages on machines, especially when talking about personal matters. Others feel that picking up the phone to make the call took tremendous courage, and they become frustrated and discouraged when they hear a recorded message. Nothing can replace a caring human voice and a listening ear.

Answering Service

Some groups, particularly large organizations with many chapters, employ an answering service or local hotline to be used as the main number for callers seeking information about their group. Although answering services can be efficient, and sometimes offer their services around the clock, they tend to be less personalized than contact people. They lack the firsthand experience with the group and the problem which helps people make the decision of whether or not they want to attend a meeting. Services can, however, offer the names and phone numbers of local members should someone want to talk. Answering services can be costly and they have limitations; however, they are an alternative for groups who receive a lot of calls.

RESPONSIBILITIES OF A CONTACT PERSON

One experienced contact person described responsibility as "the ability to respond." Your response to callers can include:

listening to them
educating them about your group
encouraging them to come to group meetings
referring them to other resources

Listening

- **Compliment the courage of the caller . . .** As a self-help group contact person you are often the first person the caller has reached out to and asked for help. Many people find it exceedingly difficult to admit they need help with a problem. To go one step further and ask a stranger for help is clearly a courageous act. To support a caller who may be extremely anxious during this initial contact, it is helpful to compliment the person on having the courage to call.

* **Frequently use the caller's name . . .** If the caller has given you a first name, try to remember it and use it frequently during the telephone conversation. This helps to communicate a sense of caring about the caller and gives the conversation a friendly tone.

* **Be an active listener.** Most of us need a little time before we feel comfortable enough to talk about sensitive issues. Encourage callers to tell their story and express their concerns and feelings without interrupting or pressuring them to get to the point. Bear in mind that sometimes a caller's true concerns will come up later in the conversation.

* **Clarify the person's problem or need.** During the course of the conversation, clarify the caller's problem and expectations. If your group is not likely to meet the caller's expectations let the person know and, if possible, refer them to a more appropriate resource.

* **Share some of your experience.** While sharing experiences is fundamental to self-help, during this initial contact, talk about your own situation only as it relates to the caller's experiences. Refrain from overwhelming callers with the burden of your problems as well as their own.

* **Be clear about your limitations.** Rather than present yourself as an "authority" on the issue, be yourself, another person who shares the caller's problem, and focus on sharing what has worked for you.

* **Follow through on promises.** The credibility of your group is at stake. If you make any promises (e.g. returning the call, sending literature, etc.), try to follow through as soon as possible. If you do not have the time, ask for some back-up from other group members.

Educating Callers About Your Group

You need to tell callers the purpose of your group and what it does and does not offer. Try to be as accurate as possible. Although you may be very enthusiastic about your group, too much enthusiasm during this initial contact, particularly regarding your group's philosophy or beliefs, can turn people away. Beware of overwhelming your caller.

Try to offer "cautious optimism." Often a caller believes that you and your group can "make it all better." You need to remind the person that the illness grieving problem is an ongoing process which won't go away overnight (or ever), but you can also offer something positive, such as "Now you know that a support group exists, and we are here for you."

Callers will need factual information, such as the date, time and meeting place of your group. They may also have some basic questions such as:

1. What is the purpose of your group? - (e.g. Is the main focus educational; mutual support, social, advocacy)

2. What are the group members like? - (e.g. How many people attend meetings; number of males vs females; average age of members; how long do most members stay with the group)

3. Are the members' problems the same or similar to the caller's concerns? (e.g. How broad is the focus; has anyone experienced the same loss, medical treatment, illness, problem)

4. How does the group work? (e.g. Does it follow a 12-step program; is it facilitated by a professional; how is it structured; does everyone have to talk; are there guest speakers)

Encouraging Callers to Attend Group Meetings

Since people often get nervous at the prospect of attending a meeting with a group of strangers, your job as contact person is to lessen some of that anxiety and make it possible for them to take that next step. Some useful strategies include:

* **Acknowledging the caller's concerns.** Letting a person know that most people feel nervous about coming to a first meeting can be reassuring to a caller. Offer to meet prospective members at the door of the meeting place a few minutes before the meeting begins to help them get acquainted. Just knowing that you will be greeted by a somewhat familiar person can help a person feel more comfortable.

* **Describe a typical group meeting.** People tend to be more willing to approach new situations if they know what to expect. In describing a typical meeting, include general information and a description of how a meeting works. Reassure the caller that the group respects a person's decision to not participate in group discussions. This is particularly important for people who are anxious about talking in front of groups.

* **Respect a caller's decision to not attend a meeting.** Let callers decide if and when they are ready to come to a meeting and respect that decision. People who are initially hesitant sometimes need to give their situation a little more thought before they're ready to take that next step.

* **Set limits on your availability to listen.** Since a group helps in ways that extend far beyond a phone call, keep in mind that your job is to help people take their next step toward helping themselves . . . . joining a mutual help group.

Handling Difficult Calls and Helping Callers Through Difficult Situations

Experienced self-helpers understand that "difficult people" are actually just "people experiencing difficulty." These difficulties can be expressed in a variety of ways which may try your patience. Below are some suggestions for dealing with some of these other situations.

1. Unwilling or "unready" to attend a meeting. People dealing with a difficult situation may need to vent their anger and frustration during a contact call. After you have provided a caller with the opportunity to express feelings, the person may be ready to listen to suggestions and information about your group. But sometimes, after a lengthy talk or even several phone calls, a person still may not wish to attend a meeting. At that point, you can say that you cannot provide any more help; emphasize that the group can offer more information and support than you can give over the phone. Don't be surprised if the person calls back at a later time, relieved that someone finally listened, and is now ready to hear about a self-help group.

2. Long Phone Calls. If a caller starts to repeat previous statements or begins bringing up new information not relevant to support group issues, it's time to end the call. A useful technique for this situation is to let the caller know that you think what they are saying is important, so important that it should be saved for the whole group to hear. Another approach is to let the caller know that while you cannot stay on the phone any longer, you will be happy to pick up this discussion at the next group meeting.

3. Phone Calls at Inconvenient Times. If you do not use an answering machine, you may be plagued by inquiries at times when you are least able to focus attention on the caller. One way of dealing with this situation is to gently say "I only have a few minutes to talk right now. I'd be happy to call you black at a later time". If the caller sounds upset, the value of a backup contact person is that you can refer them to another resource. Acknowledge the caller's feelings and needs and offer them the alternative (e.g. "You sound upset and I

understand your need to talk right now. Unfortunately, I was just leaving but let me give you a number of another person that may be able to talk with you now). Always let a caller know that you are sorry that you cannot talk with them at the moment but that you would be very happy to talk with them when you have the time to really listen. Be careful not to sound as if you do not care or won't make the time to listen or you may lose a prospective member.

On the other hand, don't berate yourself for not being able to be available all the time. . . ultimately, that perspective leads to burn-out.

4. A Person in Crisis. For most contact people, veterans and newcomers alike, the most difficult caller you may encounter is the person who is suicidal or experiencing an emotional crisis. The call is difficult for a number of reasons, not the least of which is the contact person's concern for "doing the right thing." Keep in mind that as a contact person, it is not your job to provide crisis intervention. Your major goal is to try to calm the caller down so that you can refer them to an appropriate resource or collect enough information (e.g. name and location) to get a local emergency team to the caller.

If faced with a crisis call here are some pointers:

* **Use a calm, reassuring voice.** This can help calm a distraught caller. Gently acknowledge their feelings, "You sound upset. Just take your time and we'll talk when you are ready." or "Why don't you take a couple of deep breaths to make you feel better." Let them know that it's all right that they are upset. Realize that it was probably very hard for them to call a stranger in their time of crisis, and they may even feel a little foolish. Helping the caller to feel more relaxed might enable them to explore with you other support networks they may have, such as family, clergy, mental health centers, or friends. You may ask "Can you talk to a family member about this?" or "Have you considered professional help to get over this rough time?"

* **Be empathetic.** Let the caller know that you understand and care. Make an occasional "MmHmm" so that they know you are listening. Let them do most of the talking.

* **Make referrals.** If they are still in crisis, refer them to local emergency resources (i.e. mental health center, hospital emergency room, police department, or hotline). **If a caller is in imminent danger of committing suicide, it is imperative that you try to find them professional help as quickly as possible.**

* **Know your local resources.** This is not the time to go hunting for information. **Always keep a current listing of local resources near your phone.** It might be a good idea to call the local mental health centers, emergencies rooms and helplines beforehand to find out exactly what kind of services they provide, and how you can use them if you are ever faced with a crisis call.

* **Know your role and accept your limitations.** Many contact people participate in their group because they want to help other people. However, helping people to help themselves is not the same as rescuing. As a contact person, you are probably not trained in crisis intervention. You can listen to the person in crisis, and make referrals, but it is important to acknowledge your limitations to yourself.

5. Referring Callers to Other Resources. As noted above, it is vital to have a list of local resources when dealing with someone in crisis. In addition, you will probably find it helpful to maintain an updated list of community resources such as physicians, social workers, home health aides, etc. The Self-Help Clearinghouse can provide you with a listing of local helplines and other support groups.

6. Dealing with the Media. If your group is large enough, you may be able to have someone else handle phone calls from the media (newspapers, radio and television), while you attend to prospective members. Keep in mind that publicity of any kind is likely to generate a large number of phone calls, and you may be overwhelmed. Don't be afraid to ask

other group members for help.

It is your job to develop rapport with the media, your ability to discuss your issues clearly and enthusiastically will be a great asset to your group.

7. Obscene Phone Calls. The best way to handle an obscene phone call it to hang up. Many times the caller's sole purpose is to get a reaction. If you merely hang up instead of responding or listening, the caller may stop calling. If the caller persists, contact the phone company. Making an obscene call is against the law.

PREVENTING BURNOUT

Burnout is a serious problem with no easy solutions. However, you can work to organize your group so that no one is unduly stressed. Suggest strategies to prevent burnout include:

* **Have more than one contact person** and rotate the name of the first person listed on any publicity material. This will provide a more even distribution of calls among your contact people with no one serving as the "one and only."

* **Use one telephone number to give out names of contact persons** to call. These names can then be changed every month or so. This way, many members share the responsibility throughout the year.

* **Limit the contact person's length of service.** If your group receives many phone calls it can help to know that you will be rotated off duty after a certain amount of time. Just anticipating the "foreverness" of the duty can accelerate burnout.

* **Develop structured guidelines.** Some groups develop specific guidelines on how to handle certain situations of types of calls (e.g. what to say to the media, how to handle inappropriate callers, how long to talk with any one caller). This policy can relieve the contact person's sense of burden. Sometimes, just having guidelines can help a contact person stay "focused" on a particular issue without having to worry too much about "how should I handle this, or what should I say about that." Written guidelines also ensure a continuity and consistency between contact persons and can serve as a training manual for members new to the job.

* **Share with your group.** As a final point, please keep in sight the fact that you are a member of a support group... people helping people. If you feel overburdened or you are concerned about a particular call, share your feelings with the other members of your group. That's what it's all about. ♥

ACKNOWLEDGEMENTS

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Connecticut Self Help/Mutual Support Network, New Haven, CT
Westchester Self-Help Clearinghouse, Valhalla, NY
Sacramento Mental Health Association, Sacramento, CA
Elder Services of the Merrimack Valley, Lawrence, MA

And to the many self-help groups, associations and interested professionals who responded to our calls for help by sending information about groups.

ADDICTIONS

ADDICTIONS: Co-Dependency-- Statewide, MA, NH, RI
CoDA (CO-DEPENDENTS ANONYMOUS, INC.)
CoDA MA, NH, RI, Intergroup Service Office, 191 Sudbury Rd. Concord 01742 (508)-369-7810 or (617)-259-9624
National Office: Co-Dependents Anonymous, Inc., PO Box 33577 Phoenix AZ 85067-3577 (602)-277-7991 11/91

ADDICTIONS: Alcoholism-- Statewide
ALCOHOLICS ANONYMOUS
386 Congress St., Boston MA 02210 (617)-426-9444 (voice/TDD)
Cape Cod Hyannis Intergroup, Box 662, 396 Main St., Hyannis MA (508)-775-7060
Martha's Vineyard Intergroup, Box 1058, Oak Bluffs MA 01040
Western MA Intergroup, 158 Chestnut St., Holyoke MA 01040 (413)-532-2111
Worcester Central MA Intergroup, 108 Grove St., Lower Level, Worcester MA (508)-752-9000
Assists men and women in obtaining and maintaining sobriety while also helping others to recover from alcoholism. Call any of the above numbers for information about groups in your area. 4/91

ADDICTIONS: Alcoholism-- Statewide
AL-ANON FAMILY GROUPS OF MASS.
639 Granite St. Braintree MA 02184 (617)-843-5300
Springfield MA (413)-734-5570
Cape Cod (508)-394-4555
Martha's Vineyard (508)-693-7557
Worcester MA (508)-791-3431
A fellowship of men and women whose lives have been, or are being disturbed by another's compulsive drinking. Call any of the above numbers for information about groups in your area. 3/91

ADDICTIONS: Alcoholism-- Statewide
AL-ANON - ADULT CHILDREN
639 Granite St. Braintree MA 02184 (617)-843-5300
Al-Anon, support groups for adult children of alcoholics sponsored around the state. Call for nearest meeting place. 3/91

ADDICTIONS: Alcoholism-- Statewide
ADULT CHILDREN OF ALCOHOLICS (ACA)
National: PO Box, 3216, 2522 W. Sepulveda Blvd., Suite 200 Torrance CA 90505
For meetings registered with the Central Mass. Intergroup, call (508)-791-6108 11/91

ADDICTIONS: Alcoholism-- Statewide
ALATEEN
639 Granite St. Braintree MA 02184 (617)-843-5300
A part of Al-Anon, Alateen is for teenagers whose lives have been or are being affected by the drinking of a parent or close relative. 3/91

ADDICTIONS: Alcoholism-- Middlesex
WOMEN FOR SOBRIETY
Women's Center 46 Pleasant St. Cambridge MA 02139
(617)-354-8807
Support in helping women to maintain sobriety. 12/91

ADDICTIONS: Alcohol/Drug-- Gr. Boston
SOS OF GREATER BOSTON (Secular Organization for Sobriety)
SOS, PO Box 3132, Boston MA 02101 (617)-491-9078 or 945-2379
SOS is an autonomous, non-profit, non-religious assembly of sober (or struggling to be sober) alcoholics, problem drinkers and addicts who believe we can benefit from the mutual support, comradeship, and sponsorship provided within such a group.
Meeting Times and Locations:
Wednesday 1-2:00 & 7-8:30, Rm. 120, Memorial Hall, Harvard Univ., Cambridge
Friday 8-9:30, Arlington St. Church - Unitarian Universalist,
351 Boylston St., Boston
7:30-9:00, First Parish Unitarian Church, Lexington Center, Lexington, MA
Sunday 7-8, First Church Unitarian Universalist, 3 Church Street, Cambridge 4/91

ADDICTIONS: Alcohol/Drug-- Statewide
RATIONAL RECOVERY
521 Mount Auburn St., Suite #202, Watertown, MA 02172
(617)-891-7574
Rational Recovery is a free, self-help group program. It is a no-higher power, no perpetual-dependency program. We try to get members to recognize the irrational thoughts that allow them to drink a toxic and destructive substance while giving them the tactics to avoid the drinking. 4/91

ADDICTIONS: Drug-Related-- Statewide
NARCOTICS ANONYMOUS
375 Broadway, Rm.310, Chelsea MA 02150 (617)-884-7709 (Helpline)
SE Mass. Area, New Bedford (508)-991-3360
Western Mass. Area, Springfield (413)-538-7479
Central Mass. Area, Central Mass. (508)-756-2284
Martha's Vineyard Area, West Tisbury (508)-693-7155
South Shore, Randolph (617)-963-7472
A non-profit fellowship/society for men & women who are recovered addicts. Meets regularly to help each other stay clean. 10/91

ADDICTIONS: Gambling-- Hampden, Hartford CT
GAM-ANON
Contact Gamblers Anonymous for times and places. (413)-732-7854
Gam-Anon is a fellowship of men and women who are husbands, wives, relatives or close friends who have been affected by the gambling problem. 12/91

ADDICTIONS: Gambling-- Statewide
GAMBLERS ANONYMOUS
1401 State St. Springfield MA 01109 (413)-732-7854
Boston MA (617) 739-7322
Gamblers Anonymous N.S.O., P.O. Box 17173, Los Angeles CA 90017
(213) 386-8789
Self-help group for those who seek mutual help to stop gambling.
Meetings held throughout the state; information on meetings available through contact number. 11/91

ADDICTIONS: Gambling-- Statewide
MASSACHUSETTS COUNCIL ON COMPULSIVE GAMBLING
190 High St. Suite 6 Boston MA 02110
Thomas N. Cummings, Director (617)-426-4554
Statewide Hotline 1-800-822-7773 (24 hours)
Provides information and education on the prevention and reduction of the illness of compulsive gambling and provides
support services to compulsive gamblers and their families. 3/91

ADDICTIONS: Sex Addiction-- Statewide
SEX ADDICTS AND THEIR FAMILIES
PO Box 579 Brockton MA 02403
24 Hour Answering Service (508)-581-1878
12 Step Recovery from Sexual Suffering. Types of groups offered: Victims, male and female from age 5 through adulthood; Offenders, males and females all ages; mothers; fathers; children's groups. Any family member affected by sexual acting out within or without the family. Immediate entry at time of referral. Will take persons in denial. 10/91

ADDICTIONS: Sex & Love Addicts-- Statewide
S.L.A.A.-SEX & LOVE ADDICTS ANONYMOUS
National Office: P.O. Box 529, New Town Branch, Boston, MA 02258
(617) 332-1845 M-F, 10:00-6:00
New England Intergroup: P.O. Box 1964 Boston MA 02105
(617) 625-7961 10:00-6:00
Western MA Intergroup: (413) 543-3004
S.L.A.A. is a self-help fellowship based on the 12 Step program of A.A. Open to people of any age or sexual preference who have an obsessive/compulsive pattern, either sexual or emotional. 3/91

ADDICTIONS: Co-Sex & Love Addicts-- Eastern Mass.
CO-S.L.A.A.
The only requirement for membership is a desire to stop living out a pattern of co-sex and love addiction. The relatives and friends of sex and/or love addicts, when gathered together for mutual aid, may call themselves a CO-S.L.A.A. group, provided that, as a group they have no other affiliation. For more information, contact: Program-Wide Services, PO Box 614, Brookline MA 02146 3/91

ADDICTIONS: Smoking/Nicotine-- Eastern Mass., Worcester
NICOTINE ANONYMOUS OF MASSACHUSETTS
For information about this or any other 12-step program, call
Bob P. (508)-443-5021 (Sudbury MA)
For literature or other information: Nicotine Anonymous, 2118 Greenwich St., San Francisco CA 94123 (415)-922-8575
Nicotine Anonymous is a community of people who have felt the grip of nicotine addiction. We have found a solution, a way to live and grow without nicotine, and we share it freely with each other and with all who wish to join us. Meetings are 1 hour long (Worcester meetings are 1-1/2 hours). No fees or dues, voluntary collection. For other meetings in Massachusetts, contact: 12/91

Chelsea	(617)-884-3492/889-2168 Gene
Dennis	(508)-432-7266 Eileen
Fall River	(508)-672-1083 Alexis
Jamaica Plain	(617)-277-7565 Jim
Marlboro	(508)-481-5462 Fred
Maynard	(508)-443-5021 Bob
Needham	(617)-522-2507 Dennis
Newton Highlands	(617)-232-5645 Judy or Margy (617)-566-6001
Quincy	(617)-331-9447 Linda C.
Waltham	(617)-893-2539 Marilyn
West Roxbury	(617)-326-9157 Dot
Worcester	(508)-481-5462 Fred

ADDICTIONS: Work-- Cambridge
WORKAHOLICS ANONYMOUS
National: PO Box 661501, Los Angeles CA 90066 (310)-859-5804
Write: John O'Malley, 3 Phillips Place, Cambridge MA 02138
Call: Wendy (617)-646-5906
Workaholics Anonymous is a fellowship of individuals who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from workaholism. The only requirement for membership is a desire to stop working compulsively. Meets Thursday nights, 7:30-9:00 at St. Peters School, 96 Concord Avenue, Cambridge MA 02138. 7/92

OTHER RESOURCES

F.I.R.S.T. DRUG & ALCOHOL HOTLINE
(617)-445-1500
Operates 24 hours/day, 365 days a year. An information & referral service ranging from detoxification through after care process. 5/91

BEREAVEMENT

BEREAVEMENT: Bereaved Parents-- Essex
BEREAVED PARENTS GROUP
Childrens Aid and Family Society, 69 Summer St., Haverhill MA 01830 Call Brian Dacey, LICSW (508)-372-8516
Support for bereaved parents of all ages. Meets 2nd and 4th Thursday of the month, 6:00-7:30 p.m. at above address. 3/91

BEREAVEMENT: Bereaved Parents-- Essex, Middlesex
HELP OTHER PARENTS ENDURE (HOPE)
Winchester Hospital, Winchester MA 01890 (617)-729-9000 ex.2633
Wilmington Health Center, Wilmington MA Pam (603)-432-0069
or Rindy (617)-273-2624.
Bereaved parents support group for parents who have lost a baby through miscarriage, stillbirth or neonatal death. Meets 2nd Wednesday of the month, 7:30 p.m. in the conference room at the Regional Health Center in Wilmington. Rt. 62. Exit from Rt. 93. 4/91

BEREAVEMENT: Bereaved Parents-- Hampden
COMPASSIONATE FRIENDS, INC.
48 Cobblestone Rd. Longmeadow, MA 01106
Sandi Sisitsky (413)-567-8705
Support for parents who have experienced the death of a child. 3/91

BEREAVEMENT: Bereaved Parents-- Middlesex
COMPASSIONATE FRIENDS/BEREAVED PARENTS OF CENTRAL MIDDLESEX CO.
(508)-369-5105 Jim Elgin (508)-371-0728
Offers support and friendship to people who have experienced the death of a child. Meets 1st, 3rd Monday of the month at the Trinitarian Congregational Church, Concord and 2nd and 4th Thursday of the month at St. John's Church, Newton. 12/91

BEREAVEMENT: Bereaved Parents-- Middlesex
NEONATAL DEATH SUPPORT GROUP
Emerson Hospital, (508)-369-1400 ext. 434
Provides support for anyone who has experienced a stillbirth, miscarriage, or infant death within days of birth. Meets 2nd and 4th Wednesday at 7:30. No fee. 11/91

BEREAVEMENT: Bereaved Parents-- Middlesex
PIETA
14 Richard Rd. Hudson MA 01749
Fr. William Wolkovich (617)-762-0979, Catherine (508)-562-3016
36 St. George Ave. Norwood MA 02062
Mrs. Charlotte Baker (617)-769-4185
80 Hazelwood Drive, Norwood MA 02062
Support for parents who have experienced death of a child of any age. Catholic-oriented; open to people of all faiths or none. 10/91

BEREAVEMENT: Bereaved Parents-- Statewide
MASS. CHAPTER OF NAT'L SUDDEN INFANT DEATH SYNDROME FOUNDATION
Boston City Hospital 818 Harrison Ave. Boston MA 02118 Penny Begley, Pres., Mary McClain, RNMS, proj. coord. (617)-434-7437; 24 hr. Mass. center for SIDS. Parent Chapter of SIDS Fdn. and Mass. Center for SIDS collaborate to provide one-to-one support to parents who have experienced the sudden unexpected death of an infant. Family support groups meet in Boston, Worcester, Springfield and other locations as the need arises. 3/91

BEREAVEMENT: Bereaved Parents & Siblings-- Statewide
THE COMPASSIONATE FRIENDS, INC.
34 Lindor Rd. North Reading MA 01864 (508)-664-4931
Joan McLaughlin, 18 Meade Rd., N. Reading, MA 01864 (508)664-5194
New England Regional Coordinator-- Contact for nearest chapter.
A mutual assistance self-help organization offering friendship and understanding to bereaved parents and siblings. 4/91

BEREAVEMENT: General-- Franklin
LIVING AFTER LOSS
Greenfield Senior Center, 54 High St., Greenfield MA 01301
Contact Madeline McKinnon (413)-772-1517 (only on Tuesday a.m.)
Meets 1st and 3rd Tuesday at 10:30 a.m. at Greenfield Sr. Center.
Support for people who have experienced the death of someone close--spouse, child, parent, friend by any kind of cause. 1/92

BEREAVEMENT: General-- Hampden
BEREAVEMENT SUPPORT GROUPS
Office of Pastoral Ministry, Diocese of Springfield
625 Carew St. Springfield MA 01104
Sr. Mary Low Gillon (413)-732-3175 ext. 239
For those who have lost a loved one through death. 3/91

BEREAVEMENT: General-- Middlesex & surrounding
c/o Omega, PO BOX 45068 Somerville MA 02143 (617)-776-6369
Elizabeth J. Spear, Director
Evelyn Gladu, Director of Education and Training
For those who have lost a loved one to any type of death. Meets twice a month. 10/91

BEREAVEMENT: Homicide-- Middlesex
HOMICIDE BEREAVEMENT GROUP
c/o Omega PO BOX 45068 Somerville MA 02145 (617)-776-6369
Elizabeth J. Spear, Director - Evelyn Gladu, Facilitator
Those who have experienced the death of someone by homicide. Meets twice a month.
10/91

BEREAVEMENT: Pet Loss-- Boston
PET LOSS SUPPORT SERVICES
MSPCA Support Groups, 350 South Huntington Ave., Boston MA 02130
(617)-522-7400
Discussion and support groups for pet owners who are anticipating or coping with the death of their companion animal.
PROGRAM I: Approaching Loss Meets Monday evenings for 2 weeks, from 7:00-8:30

PROGRAM II: After the Loss Meets Wednesday evenings for 2 weeks from 7:00-8:30 1/92

BEREAVEMENT: Suicide-- Essex
SAFE PLACE (The Samaritans of Gr. Lawrence)
55 Jackson St. Lawrence MA 01840
Margaret Serley (508)-688-6607 (Suicide hot line)
Haverhill (508)-372-7200 (24 hours hot line)
Lowell (508)-452-6733 (24 hours hot line)
Newburyport (508)-465-6100 (24 hours hot line)
An organization whose goal is to provide support to those who have lost someone close to them through suicide. 10/91

BEREAVEMENT: Suicide-- Middlesex
FOCUS, COUNSELING AND CONSULTATION, INC.
186-1/2 Hampshire St. Cambridge MA 02139
Contacts: Victoria Alexander (617)-277-5593
Mimi Elmer (617)-876-4488
Dorothy Koerner (617)-738-7668
The After Suicide groups are short-term support groups that are co-led by a mental health professional and a survivor of suicide. The groups are open to those who have lost a loved one to suicide. A brochure may be obtained by calling one of the above telephone numbers.3/91

BEREAVEMENT: Suicide-- Middlesex & surrounding
SAFE PLACE
c/o Omega 33 Walker St. PO Box 45068 Somerville MA 02145
Elizabeth Spear, Director (617)-776-6369
Evelyn Gladu, Director of Education and Training (617)-776-6369
For those who have experienced the death of someone through suicide. Founded in Somerville in 1978, Safe Place also meets in Andover, Framingham and Falmouth, MA. Meets twice a month. 10/91

BEREAVEMENT: Traumatic Loss-- Eastern Massachusetts
TRAUMATIC LOSS GROUP
c/o Omega, 33 Walker St., Somerville, MA 02144 (mailing address only) (617)-776-6369
Omega Staff
For those who have experienced the death of someone through sudden and violent means such as accident, etc. Meets in a series of weekly sessions. 4/91

BEREAVEMENT: Widowed-- Barnstable
ALLIANCE FOR THE WIDOWED, INC.
P.O. Box 37 Osterville MA 02655 (508)-428-2468
To bring together widowed men and women in a social atmosphere and also to help on a 1-1 basis.
12/91

BEREAVEMENT: Widowed-- Essex
SERVICES FOR WIDOWED PERSONS
Children's Aid and Family Society 69 Summer St. Haverhill MA 01830 Rena Ford, LCSW (508)-372-8516
Free, ongoing program, open to any widow or widower, includes Transition Group meeting weekly for mutual support. 3/91

BEREAVEMENT: Widowed-- Middlesex
WIDOWED TO WIDOWED SUPPORT GROUP
Veterans Memorial Senior Center
144 School St. Woburn MA 01801 Diane Sandberg (617)-935-5329
Organized as a service to the recently widowed of Woburn. The program reaches out to widows and widowers via telephone calls and/or home visits. Monthly support group held at center.
3/91

BEREAVEMENT: Widowed-- Middlesex
WIDOW/WIDOWERS OUTREACH PROGRAM
St. Matthias Church 409 Hemenway St. Marlborough MA 01752
Pauline Hoaglund (508)-485-8304
Ongoing program meets the 2nd and 4th Tuesday evenings of the month. Open to any widow or widower free of charge. Facilitated by a nurse and a lay minister, both trained in bereavement. 3/91

BEREAVEMENT: Widowed-- Norfolk
WIDOW & WIDOWER SUPPORT GROUP
Council on Aging Senior Center 1200 Brush Hill Rd. Milton MA 02186
Evelyn Blumberg (617)-698-4888
Ongoing program meets once a month on the third Wednesday afternoon. Open to any widow or widower. List of monthly topics available from the Senior Center. 12/91

BEREAVEMENT: Widowed-- Norfolk
OUTREACH TO THE WIDOWED
Needham Community Council, Inc. 51 Lincoln St. Needham MA 02192
M.C. & Bill Sweet (617)-444-1080
Ongoing program, open to any widow or widower free of charge, meets twice a month on 2nd and 4th Monday mornings. Supportive, caring group which shares problems of being single, facing life without a spouse. 11/91

BEREAVEMENT: Widowed-- Norfolk
WIDOWED LIFELINE
c/o Cutler Counseling Cen. 10 Cottage St. Norwood MA 02062 (617)-762-6592
Social support group for widowed people. Weekly program meetings are held and many outside social events are scheduled. 3/91

BEREAVEMENT: Widowed-- Plymouth
WIDOWS/WIDOWERS SUPPORT GROUP
c/o Council on Aging 130 Court St. Plymouth MA 02360
Contact: Hope R. Cole, Coordinator (508)-746-4030
To enable widowed persons to cope, to build new friendships, to be aware of all entitlements, to foster good health and primarily to alleviate loneliness. 4/91

BEREAVEMENT: Widowed-- South Shore
THE SOUTH SHORE CHAPTER OF YOUNG WIDOWS AND WIDOWERS, LTD.
South Shore Hospital, 55 Fogg Rd., South Weymouth MA 02190-2455
Rosemary MacKay, Chaplain 617)-340-8795
Phase I meets every Tuesday evening at 7:30 p.m. at South Congregational Church, 1075 Washington St. Braintree MA. Open to widowed people from ages 20-50.
Phase II meets first Wednesday of every month at 7:30 p.m. at Holy Family Church, Route 3A, Duxbury MA. This group is open to people who have been widowed longer and addresses "getting on with life" issues. For more information please call Rosemary MacKay at telephone number above. 12/91

BEREAVEMENT: Widowed-- Worcester
CHALLENGE GROUP
c/o United Church of Christ 6 Institute Rd. Worcester MA 01608
Joseph Flaherty, President (508)-853-4350 or (508)-752-3785
Social group for widowed men and women; meets monthly. 4/91

BEREAVEMENT: Widowed-- Worcester
BRIDGE TO THE OTHER WIDOWED
Office of Family Life Ministry, 49 Elm St., Worcester, MA 01609
(508)-791-7171
A support group for men and women who have suffered the loss of a spouse through death. The focus is to work through the grieving process with others who have lived the experience and have come through learning of their own inner strength and self-esteem. It is not a social group. 4/91

CAREGIVING

CAREGIVING: Aging Parents-- Western MA
CAREGIVERS SUPPORT
Springfield Council on Aging, City Hall, 36 Court St., Springfield MA 01103
Marjorie Vallone or Gladys Chernick (413)-787-6124
For any caretaker of parents, friends or relatives and senior citizens. For people in the "sandwich generation." Support group conducted by professionals. Free. 7/92

CAREGIVING: Aging Parents-- Worcester, Eastern MA
CHILDREN OF AGING PARENTS
Children of Aging Parents, Woodbourne Office Campus,
Suite 302 A, 609 Woodbourne Rd. Levittown, PA 19057
Listed below are Caregiver support groups in central and Eastern Mass. A national directory is available at the above address. Cost is $20. 4/91

BROCKTON: Caregiver Support Group
Dorn-Davies Sr. Center 1145 Main St.
Brockton, MA 02402
(508)583-2517

DANVERS: Caregiver Support & Education Group
c/o Senior Partners, Liberty Tree Mall
85 Constitution Lane
Danvers, MA 01923
(508)774-9968

FITCHBURG: Caregiver Support Group
Montachusett Home Care Corp., 545 Westminster St.
Fitchburg, MA 01420
(508)345-7312

PEABODY: You and Your Aging Parent
North Shore Elder Services 484 Lowell Street
Peabody, MA 01930
(508)535-6220

QUINCY: Caregiver Support Group
Salvation Army Adult Day Care Program
6 Baxter St.
Quincy, MA 02169
(617)479-3040

WOBURN: Understanding Your Aging Parent
Center for Mental Health & Retardation,
441 Main St.
Woburn, MA 01801
(617)932-8556

WORCESTER: Caregivers Support Group
The Medical Center of Central Mass.
119 Belmont St - Primary Care Conference Room
Worcester, MA 01605
(508)793-6611 & page (508)792-8600 info.

DISABILITIES

DISABILITIES: All Disabilities-- Statewide
INFORMATION CENTER FOR INDIVIDUALS WITH DISABILITIES (ICID)
Fort Point Place, First Floor, 27-43 Wormwood St. Boston MA 02210-1606 (617)-727-5540 or 1-800-462-5015/MA Voice/TDD
Phone lines are answered from 10:00 to 4:00 weekdays. After-hours, machine records messages, calls are returned the next working day. Information and referral software program on disabilities services in MA including mutual support groups, recreation, counseling, personal care, etc., developed by ICID and New England Index. Approximately 4,000 programs listed in our database. 4/91

DISABILITIES: Attention Deficit/Hyperactivity-- Statewide
ATTENTION DEFICIT INFORMATION NETWORK
PO Box 790, Plymouth MA 02360
Judy Mitchell, (508)-747-5180
Parent Support Group Listings 1-800-487-2282
AD-IN is a network of affiliated groups of parents, educators and health and human services professionals who care about and for children with attention deficits. 12/91

DISABILITIES: Attention Deficit/Hyperactivity-- Statewide,NH,VT
CHILDREN WITH ATTENTION DEFICIT DISORDERS (CH.A.D.D.)
Nat'l Presidents Office: Sandra F. Thomas, R.N. PO Box 1536, Greenfield, MA 01302
(413)-773-3486
National Headquarters: 499 N.W. 70th Ave., Suite 308, Plantation, Florida 33317
(305)-584-3700
A non-profit parent-based organization formed to better the lives of individuals with attention deficit disorders and those who care for them. Through family support and advocacy, public and professional education and encouragement of scientific research, CH.A.D.D. works to ensure that those with attention deficit disorders reach their inherent potential. 11/91
Greater Boston: Paula Moreau, 8 Hubbard St., Jamaica Plain, MA 02130
(617)-522-6851
Malden: Mary Goddard, 50 Mills St., Malden,MA 02148
(617)-321-7770
Northern MA/Southern NH: Mrs. Shirley Colby, 48 Vandette Ave., Dracut, MA 01826
(508)-957-0653
Pioneer Valley: Mrs.Carol Baker, 12 Los Angeles Ave., South Hadley, MA 01075
(413)-533-5532
Western MA: Kathy Ladd, 20 Long Ave., Greenfield, MA 01301
(413)-773-8774

DISABILITIES: Attention Deficit/Hyperactivity-- Fitchburg
MONTACHUSETT AREA ATTENTION DEFICIT DISORDER SUPPORT GROUP
Marilyn Leger, 59 Pershing St., Fitchburg MA 01420
(508)-345-6954
Provides information, lectures, support to parents, educators and friends of children and adolescents dealing with Attention Deficit Hyperactivity Disorder. Meets monthly, 2nd Thursday of the month at St. Boniface Catholic Church, 817 Mass. Ave. (RT 24), Lunenburg, MA 11/91

DISABILITIES: Blind/Vision Impaired
See Other Resources, at end of this section.

DISABILITIES: Blind/Vision Impaired-- Middlesex
BLIND CHILDREN'S FUND (formerly International Institute for Visually Impaired) Sherry Raynor, Pres. (617)-332-4014
230 Central St. Auburndale, MA 02166-4014
Central coordinating agency and information center for teachers, parents and others concerned with the early development and education of visually impaired pre-school children and/or their families. 4/91

DISABILITIES: Blind/Vision Impaired-- Middlesex
VISION FOUNDATION, INC.
818 Mt. Auburn St. Watertown MA 02172
Fran Weisse, Information Center--Gayle Johnson, Support Services
(617)-926-4232 or 1-800-852-3029
To provide I&R, emotional support, outreach, elder services and publications to those coping with sight loss, newly blind or with progressive eye conditions. Contact for referral to one of 22 self-help groups in Mass. 4/91

DISABILITIES: Cross-Disability-- Barnstable
CAPE ORGANIZATION FOR RIGHTS OF THE DISABLED (CORD)
P.O. Box 954 Hyannis MA 02601
(508)-775-8300(V/TTY) 1-800-541-0282 (V/TTY)
Activist organization operating independent living programs for disabled and deaf people. Provides individual advocacy services and works on issues of deinstitutionalization, communication and architectural access, transportation and assistive technology. 4/91

DISABILITIES: Cross-Disability-- Statewide
MASS. COALITION OF CITIZENS WITH DISABILITIES (MCCD)
80 Boylston St. Suite 339 Boston MA 02116 (617)-482-1336 or 800-TRY-MCCD
Self-advocacy organization working for the rights of all people with disabilities. 1/92

DISABILITIES: Cross-Disability-- Statewide
INDEPENDENT LIVING PROGRAMS
Provides I&R, advocacy, housing referral, personal care, transportation assistance for people with various disabilities or multiple handicaps as well as self-help groups and peer counseling. Centers and programs in Massachusetts include: 1/92

The Northeast Independent Living Program, Inc. 135 Parker St.
Lawrence MA 01843 (508)-687-4288 (V/TTY)
Director: Charles Carr.
Serves Merrimack Valley and portions of Northeast Mass.

Ad Lib 442 North St. Pittsfield MA 01201 (413)-442-7047
Director: Bill Cavanaugh.
Serves Berkshire County

Boston Center for Independent Living 95 Berkeley St., Suite 206, Boston, MA 02116
(617) 338-6665 (Voice), (617) 338-6661 (Fax), (617) 338-6662 (TDD)
Bonnie O'Day, Exec. Director
Serves Boston/Metro Boston

Framingham Center 869 Concord Ave. Framingham, MA 01701
(508)-875-7853
Director: Bob Bailey.
Serves Worcester County

Independence Associates 55 City Hall Plaza Brockton, MA 02401
(508)-559-9091, 25 Broadway, Taunton, MA 02780
(508)-880-5325, 1-800-634-7080
Director: Eric Griffin.
Serves South Shore & Cape

ILP of the North Shore 583 Chestnut St. Lynn, MA 01904
(617)-593-7500 V/TDD
Serves North Shore/Cape Ann

Southeast Center for IL 170 Pleasant St. Fall River, MA 02721
(508)-679-9210
Director: Cheryl Finnerty.
Serves Fall River/N. Bedford area

Stavros Center for Independent Living, Inc. 691 South East St. Amherst, MA 01002
(413)-256-0473 (V/TDD)
145 State St., Springfield, MA 01103 (413)-781-5555 V/TDD (Deaf/HH & IL Services)
55 Federal St., Greenfield, MA 01301 (413)-774-3001 V/TDD (Deaf/HH & IL Services)
Director: James Kruidenier.
Serves Hampden, Franklin, Hampshire Counties

D.E.A.F., Inc. 215 Brighton Ave. Allston, MA 02134
(617)-254-4041
Director: Heidi L. Reed.
Serves deaf individuals only.

Renaissance Club 21 Branch St. Lowell, MA 01851 (508)-454-7944
Director: Larry Urban.
Serves Mental Health needs only.

CLW 484 Main St., Worcester MA 01605 (508)-798-0350

DISABILITIES: Cross-Disability-- Hampden
DISABLED OF WESTERN MASS., INC.
P.O. Box 2144, Springfield, MA 01101-2144
Mrs. Underhill (413)-739-6033
117 Birch Park. Cir. West Springfield MA 01089
Mr. Willie Bates (413)-733-9262
414 Chestnut St. Springfield MA 01104
Generate public awareness of needs of the disabled, enhance social life of disabled people, secure the same rights and privileges as able-bodied. Monthly newsletter, monthly meetings.
4/91

DISABILITIES: Cross-Disability-- Norfolk
DEAF-BLIND CONTACT CENTER
299 Newport Ave. #5 Wollaston MA 02170
Jean Healy, Director (617)-770-0278 (voice) 770-0262 (TTY)
An advocacy and information center by and for deaf-blind people.
3/91

DISABILITIES: Cross-Disability-- Norfolk
STOUGHTON ASSOCIATION FOR EXCEPTIONAL CITIZENS
P.O. Box 153 Stoughton MA 02072
Phyllis McCarter (617)-344-4879
Social and recreational programs for physically and mentally handicapped children, young adults and adults. Informational and supportive programs for parents, guardians and friends.
3/91

DISABILITIES: Cross-Disability-- Plymouth
LIFE--LIVING INDEPENDENTLY FOR EQUALITY
P.O. Box 2356 Brockton MA 02403
Rae Zuckerman (508)-587-4651 (508)-586-5759
Support, information, activities for people with disabilities in Brockton area. Drop-in center open Tue. and Thurs., 10-4.
3/91

DISABILITIES: Deaf/Hard of Hearing-- Statewide
MASSACHUSETTS COMMISSION FOR THE DEAF AND HARD OF HEARING (MCDHH)
Eastern Mass: 600 Washington St., Suite 600 Boston MA 02111
(800)-882-1155 TDD/V or (617)-727-5106 TDD/V
Central Mass: 22 Front Street PO Box 8210 Worcester MA 01614
(508)-755-4084 TDD/V
Western Mass: Regional Office 1694 Main St. Springfield, MA 01103 (413)-788-6427 TTY/V
The Massachusetts Commission for the Deaf and Hard of Hearing (MCDHH) is a commission under the Executive Office of Human Services, which serves as the principal agency in the state on behalf of deaf and hard of hearing people. For more complete listing of services, see appendix.
4/91

DISABILITIES: Deaf/Hearing Impaired-- Statewide
SELF HELP FOR HARD OF HEARING PEOPLE, INC. (SHHH)
SHHH is a volunteer international organization of hard of hearing people, their relatives and friends, with many local chapters and groups in Massachusetts. SHHH is a non-profit, non-sectarian educational organization devoted to the welfare and interest of those who, while not deaf, cannot hear well. Contact the Massachusetts SHHH Coordinator for information on local chapters and groups.

Massachusetts SHHH Coordinator:
Helen Fleming, 408 Broadway St., #204 Lynn MA 01904
(617)-592-6936 TT
National SHHH - Those wishing to start their own group, order the SHHH Journal and/or join the national organization may write or call:
SHHH 7800 Wisconsin Avenue Bethesda MD 20814
(301)-657-2248 V or (301)-657-2249 TDD. 1/92

DISABILITIES: Deaf/Severely Hard of Hearing-- Statewide
D.E.A.F., INC., Heidi L. Reed, Executive Director
Frederick C. Schreiber Cen. 215 Brighton Ave. Allston MA 02134
(617)-254-4041 (voice & TTY). Provides independent and living services, vocational, academic, communication skills evaluations, adult/community education, Project ALAS (for Latino deaf persons and their families), and support groups. 4/91

DISABILITIES: Head Injury-- Statewide
MASSACHUSETTS HEAD INJURY ASSOCIATION
State chapter of the National Head Injury Association.
484 Main St, #325, Worcester MA 01608 (508)-795-0244, or 800-242-0030 (toll free in MA.)
Offers information and support to individuals with head injuries and their families and works to prevent head injuries. 10/91

DISABILITIES: Learning Disabled-- Middlesex
MASS. ASSOC. FOR CHILDREN & ADULTS WITH LEARNING DISABILITIES
P.O. Box 28 West Newton MA 02165
Contact: Teresa Citro (617)-891-5009
Provides information and referral, education and self-help. Referral agency. Will answer all questions. 4/91

DISABILITIES: Mental Retardation-- Franklin
THE PIONEER CLUB
Franklin County ARC 111 Summer St. Greenfield MA 01301
Leslie Kinney (413)-774-5558
The Pioneer Club is a self-advocacy group for adults with mental retardation. It is not currently affiliated with MCCD. It is sponsored by the Franklin County ARC. 11/91

DISABILITIES: Mental Retardation-- Statewide (REV)
MASSACHUSETTS DOWNS SYNDROME CONGRESS
139 Truro Lane Milton MA 02186
Joseph W. McNabb, Representative (617)-698-6042(home)
296-8300 (work)
Support, information, networking for families of persons with Downs syndrome and providers of service. A statewide, non-profit organization. 6/88

DISABILITIES: Severely Disabled-- Southeastern Mass.
SOUTHEAST CENTER FOR INDEPENDENT LIVING, INC.
170 Pleasant St. 3rd Floor Fall River, MA 02721
Cheryl A. Finnerty, Exe. Director (508)-679-9210 (voice/TDD)
Provides services: peer counseling, information and referral, advocacy training, housing referrals, emergency assistance, and skills training. 3/91

OTHER RESOURCES

LANE & LAURENCE, INC.
581 Boylston St. Suite 602
Boston MA 02116
(617)-262-5673
An employment agency specializing in the placement of people with disabilities. Concentrate upon placing people who have visual, speech, hearing and mobility impairments in all segments of business and industry. Free.

NATIONAL INFORMATION CENTER FOR
CHILDREN AND YOUTH WITH DISABILITIES
PO Box 1492
Washington, DC 20013
1-800-999-5599 or (703)-893-8614(TDD)
NICHCY News Digest is published three times a year. Individual subscriptions in the United States are free. Also disseminates other materials and can respond to individual requests.

CLEARINGHOUSES AND INFORMATION CENTERS:

Clearinghouse on Disability Information - Office of Special Education and Rehabilitative Services (OSERS), Room 3132, Switzer Building, 330 C Street, S.W., Washington DC 10101-2524. (202)-732-1723

ERIC Clearinghouse on Handicapped and Gifted Children - Council for Exceptional Children, 1920 Association Drive, Reston VA 22091. (703)-620-3660

National Information Center on Deafness - Gallaudet University, 800 Florida Avenue, N.E., Washington, DC 20002-3695. (202)-651-5051(Voice); (202)-651-5052(TDD)

Other Resources Continued

THE STORE at the Massachusetts Association for the Blind
200 Ivy St., Brookline, MA 02146 (617)-738-5110
FAX (617)-738-1247
Catalog available for practical products for blind and visually impaired people. Catalog is available in large print, braille or cassette tape. 5/92
Store locations and hours:

Brookline 200 Ivy St., Brookline MA 02146-3995 (617)-738-5110 Toll-free (MA only) 800-682-9200, TDD (617)-731-6444, FAX (617)-738-1247
Hours: Monday-Thursday 9am-5pm,
Wednesday evenings until 7pm

Leominster 29 Main St., Leominster MA 01453-5546
(508)-537-1514
Hours: Call for schedule

Springfield 77 Maple St. Springfield MA 02205-1814
(413)-734-7343
Hours: Monday-Friday 9am-12pm, 2pm-4pm

Worcester 51 Harvard St., Worcester MA 01609-2799
(508)-791-8237
Hours: 9am-4pm

DOMESTIC VIOLENCE

DOMESTIC VIOLENCE: Battered Women-- Statewide
MASSACHUSETTS COALITION OF BATTERED WOMEN SERVICE GROUPS
107 South St. Boston MA 02111 (617)-426-8492
Resource center for information about groups in Mass. working to support battered women. 3/91

DOMESTIC VIOLENCE: Battered Women-- Berkshire
WOMEN'S SERVICES CENTER
146 First St. Pittsfield MA 01201 (413)-443-0089 or 499-2425
Provides shelter, support and information to battered women. 3/91

DOMESTIC VIOLENCE: Battered Women-- Bristol, Norfolk
NEW HOPE
Attleboro MA Main office (508)-226-4015
Hotlines (508)-824-4757 (508)-695-2113 (617)-762-1530
Provides shelter, counseling, support, legal advocacy and information and referrals to battered women 12/91

DOMESTIC VIOLENCE: Battered Women-- Bristol
NEW BEDFORD WOMEN'S CENTER BATTERED WOMEN PROJECT
New Bedford MA
Program Manager B. W. P. Dorothy Berrios (508)-992-4222
Provides shelter, support & information to battered women. 12/91

DOMESTIC VIOLENCE: Battered Women-- Southeastern MA
WOMEN'S CENTER, Stanley St. Treatment & Resources (SSTAR)
386 Stanley St. Fall River MA 02720
Karen Sypher, Coordinator, Domestic Services (508)-675-0087
Provides counseling, support groups and special services to victims of domestic violence. 1/92

DOMESTIC VIOLENCE: Battered Women-- Essex
WOMEN'S RESOURCE CENTER
Lawrence MA (508)-685-2480
Haverhill MA (508)-373-4041
Provides shelter, support and information to battered women. 1/92

DOMESTIC VIOLENCE: Battered Women-- Essex
NEWBURYPORT CRISIS CENTER
8 Prince Place, Newburyport MA (508)-465-2155
Provides safe housing, court advocacy, support and information to battered women. 1/92

DOMESTIC VIOLENCE: Battered Women-- Essex
HELP FOR ABUSED WOMEN & THEIR CHILDREN (HAWC)
Salem MA (508)-744-6841
Provides shelter, safe homes, support and information to battered women. 1/92

DOMESTIC VIOLENCE Battered Women-- Hampden
NEW BEGINNINGS
P.0. Box 1835 Westfield MA 01086
(413)-562-5739 (office) (413)-562-1920 (hotline)
Provides shelter, legal advocacy, public education, support and information to battered women. 3/91

DOMESTIC VIOLENCE: Battered Women-- Hampden
WOMENSHELTER/COMPANERAS
Holyoke MA (413)-536-1628
Provides shelter, 24 hour hotline, legal advocacy support & in- formation to battered women, counseling, welfare & housing. 11/91

DOMESTIC VIOLENCE: Battered Women-- Hampshire
NECESSITIES/NECESIDADES
Northampton MA
Hotline (413)-586-5066 Cathie Green (413)-586-1125
Provides shelter, legal referrals, support and information to battered women. 11/91

DOMESTIC VIOLENCE: Battered Women-- Middlesex
ALTERNATIVE HOUSE
Lowell MA (508)-454-1436-Crisis Line (24 hours)
Business Line (508)-458-0274
Provides shelter, support, advocacy and information to battered women. 11/91

DOMESTIC VIOLENCE: Battered Women-- Middlesex
WALTHAM BATTERED WOMEN SUPPORT COMMITTEE
Waltham MA
Executive Director, Jennifer Robertson (617)-899-8676
Provides shelter, support groups, advocacy and information to battered women. 24 hour hot line. 11/91

DOMESTIC VIOLENCE: Battered Women-- Middlesex
TRANSITION HOUSE
Cambridge MA (617)-661-7203
Provides shelter, support and information to battered women and their children. Dating Violence Intervention Project provides education program for teenagers with support groups for teen victims and perpetrators. 8/91

DOMESTIC VIOLENCE: Battered Women-- Middlesex
RESPOND
Somerville MA (617)-623-5900
Provides shelter, individual counseling, group support, housing advocacy, welfare advocacy, legal info. to battered women. 4/91

DOMESTIC VIOLENCE: Battered Women-- Middlesex
WOMEN'S CENTER
46 Pleasant St. Cambridge MA 02139 (617)-354-8807
Two support groups for battered women, Mon. and Wed. evenings. Referrals to shelters, lawyers, doctors and more. Crisis counseling, phone or drop-in. 8/91

DOMESTIC VIOLENCE: Battered Women-- Norfolk
DOMESTIC VIOLENCE ENDED (DOVE)
P.O. Box 287 Quincy MA 02269
Marilyn B. Terry (617)-471-1234 Hotline or (617)-471-5087
Provides domestic violence shelter, hotline, counseling, and information to battered women. 3/91

DOMESTIC VIOLENCE: Battered Women-- Plymouth County
WOMAN'S PLACE
Brockton, Nancy Benoit (508)-588-2045 or Hotline (508)-588-2041
Provides shelter, legal advocacy (A & B & 209A's), referrals, outreach, individual and group counseling, 24 hour shelter and hotline. Spanish speaking counselors. 4/91

DOMESTIC VIOLENCE: Battered Women-- Plymouth
SOUTH SHORE WOMEN'S CENTER
14 Main St., Plymouth MA 02360 Linda S. Rudnick (508)-746-2664
Provides shelter, support, information & counseling & safe homes for battered women & their children. 24 hr. hotline. 4/91

DOMESTIC VIOLENCE: Battered Women-- Suffolk
HARBOR ME
P.O. Box 191 Chelsea MA 02150
(617)-889-2111 (hotline) and 884-8974 (office)
Provides shelter, support and information to battered women and their children. Languages spoken: English, Spanish, Khmer. 10/91

DOMESTIC VIOLENCE: Battered Women-- Suffolk
F.I.N.E.X. HOUSE
Dorchester MA (617)-288-1054
Provides shelter, support and information to battered women. 4/91

DOMESTIC VIOLENCE: Battered Women-- Suffolk
ELIZABETH STONE HOUSE
PO Box 59 Jamaica Plain MA 02130 Claire Rosano (617)-522-3417
A residential mental health alternative and battered women's program. Provides support, advocacy shelter for women in emotional distress. 4/91

DOMESTIC VIOLENCE: Battered Women-- Suffolk
CASA MYRNA VASQUEZ
Boston MA (617)-262-9581
Provides shelter, support and information to battered women. 1/92

DOMESTIC VIOLENCE: Battered Women-- Suffolk
RENEWAL HOUSE
Boston, MA Laura Thomas/Margarita Pagan (617)-566-6881
Provides shelter, support, advocacy info. to battered women. Has Spanish, Haitian & Cambodian staff. 1/92

DOMESTIC VIOLENCE: Battered Women-- Worcester
WOMEN'S RESOURCES
Fitchburg, MA Rose M. Milligane (508)-342-9355
Provides shelter, support and information to battered women. 4/91

DOMESTIC VIOLENCE: Battered Women-- Worcester
DAYBREAK
Worcester, MA (508)-755-9030
Provides shelter, support and information to battered women. 11/91

DOMESTIC VIOLENCE: Battered Women/Sexual Abuse-- Barnstable/Cape
INDEPENDENCE HOUSE
Family Resource Center Hyannis MA 02601
(508)-771-6507 or (508)-255-3564-Rape Crisis line
Provides shelter, support and information to battered women & their children and sexual assault survivors. Services 15 towns on the Cape. 12/91

DOMESTIC VIOLENCE: Battered Women/Sexual Abuse-- Franklin
NEW ENGLAND LEARNING CTR. FOR WOMEN IN TRANSITION (NELCWIT)
Greenfield MA Mary Kociela (413)-772-0806 (24 hour hot line)
Provides shelter, support and information to battered women. NELCWIT also is a rape crisis center and has a program for women in transition and victims of battering, rape and incest. 8/91

DOMESTIC VIOLENCE: Battered Women/Sexual Abuse-- Hampden
ARCH, ABUSE AND RAPE CRISIS HOTLINE
P.O. Box 80632 Springfield MA 01138
(413)-733-1588 or (413)-733-7100 (Hotline)
Provides shelter, support and information to battered women. Counseling, legal advocacy, medical advocacy, crisis service for rape victim. 1/92

DOMESTIC VIOLENCE: Sexual Abuse-- Middlesex
WOMEN'S CENTER
46 Pleasant St. Cambridge MA 02139 (617)-354-8807
Discussion groups for incest survivors. Support for learning to be a survivor rather than a victim of child abuse. 10/91

DOMESTIC VIOLENCE: Sexual Abuse-- Plymouth
SURVIVORS OF SEX ADDICTS
P.O. Box 579 Brockton MA 02403 (508)-586-9410
The program services all persons suffering from sexual addiction: those afflicted and significant others in their relationships. The program is for persons of all ages and gender. Self-supporting through donations from the membership. Takes persons from outside the area as well as in the area. 3/91

DOMESTIC VIOLENCE: Sexual Abuse-- Statewide
PARENTS UNITED
c/o MSPCC, 3 Hawthorne Blvd. Salem MA 01970
Phillip A. Mann (508)-744-2910
Coordinator of Western Region: Mark Dubeck, 1365 Main St., Springfield 01103 (413)-787-1794
A chapter of a national self-help organization for sexually abused children and their families, adults molested as children, including male & female victims, non-victims and offenders. 3/90

DOMESTIC VIOLENCE: Sexual Abuse-- Statewide (REV)
SEXUAL ABUSE TREATMENT
c/o Mass. Society for the Prevention of Cruelty to Children
43 Mt. Vernon St. Boston MA 02108
Joyce Strom, Executive Director (617)-227-2280
David S. Robinson, Dir. of Planning & Research (617)-227-2280
Self-help and treatment groups are available throughout Massachusetts for victims of sexual abuse, adults molested as children, mothers of sexual abuse victims and parents of children victimized and offenders. 10/91

DOMESTIC VIOLENCE: Sexual Abuse-- Western Region
MASSACHUSETTS SOCIETY FOR THE PREVENTION OF CRUELTY TO CHILDREN
Regional Office:
1727 Northampton St., Holyoke MA 01040 (413)-532-9446
Satellite Offices:
479 Main St., Greenfield MA 01301 (413)-773-3608
152 North St., Suite 155, Pittsfield MA 01202 (413)-448-5300
81 State St. Springfield MA 01103 (413)-734-4978
Family Counseling Centers:
479 Main St., Greenfield MA 01301 (413)-773-3608
1727 Northampton St., Holyoke MA 01040 (413)-532-9446
PROGRAMS:
ADULT OFFENDERS/SPOUSES OR PARTNERS OF OFFENDERS
Family Counseling Center, Springfield. Separate weekly groups. Additional bilingual group for offenders.
Family Counseling Center, Northampton. Separate weekly group meetings.
ADULT MALE & FEMALE SURVIVORS OF CHILD SEXUAL ABUSE
Family Counseling Center,Springfield. Separate, weekly group meetings.
Program Coordinator: Mark Dubeck (413)-734-4978

DOMESTIC VIOLENCE: Sexual Abuse-- International
SURVIVORS OF INCEST ANONYMOUS (S.I.A.)
PO Box 21817 Baltimore MD 21222 (301)-433-2365
SIA uses the 12 steps adapted from AA and a format of anonymous sharing to provide a safe way to bring up what happened and how it affects us today, and to find strength, hope, understanding and support. If you were sexually abused as a child or as a vulnerable adult, these meetings are for you. For copies of a meeting list for your area, send a #10 self-addressed stamped envelope with $.58 postage to: SIA, PO Box 21817, Baltimore, MD 21222-6817. For a recording of meeting times in your area call 1-800-845-8495. 4/91

Other Resources

ASK, INC. (Abused Survivors Know)
PO Box 1085, Fairfax VA 22030 (703)-281-7468
A non-profit organization founded by survivors of sexual abuse. Offers a video, "No More Secrets" - 20 minute version, $20.00; full-length version, $25.00.

If you have been abused, contact:
Survivors of Incest Anonymous, PO Box 2365, Baltimore, MD 21222 (410)-433-2365
Clearinghouse on Child Abuse & Neglect, PO Box 1183, Washington DC 20013 (301)-251-5157
Adults Molested as Children, PO Box 952, San Jose CA 95108 (408)-279-1957
Incest Survivors Anonymous, PO Box 5613, Long Beach, CA 90805 (213)-422-1632
National Child Abuse Hotline 800-422-4453

If you suspect that a child or teenager you know is being sexually abused, contact:
National Child Abuse Hotline 800-422-4453
National Center for Missing & Exploited Children 800-843-5678

If you are an abuser, contact:
Boys Town National Hotline 800-448-3000
Parents Anonymous 24-hour Helpline 800-421-0353
National Child Abuse Hotline 800-422-4453
Molesters Anonymous, 1269 N. "E" Street, San Bernadino CA 92405 (718)-884-6809
Sex Addicts Anonymous, PO Box 3038, Minneapolis MN 55403 (612)-339-0217
Sexaholics Anonymous, PO Box 300, Simi Valley CA 93062 (818)-704-9854

HEALTH

See **Hospital** listings for other health related groups.

HEALTH: A.I.D.S.-- Middlesex
AIDS FAMILY SUPPORT GROUP
Dept. of Mental Health, Cambridge-Somerville Center Office
c/o OMEGA, 33 Walker Street, Somerville, MA 02144 (mailing address only)
(617)-491-0600 Louise Dussault or Cathy Amory.
For family and friends of someone with AIDS. Meets at 12 Maple Ave. Cambridge, MA. Meets on 1st and 3rd Thursdays at 7:30 p.m. 4/91

HEALTH: A.I.D.S.-- Suffolk
AIDS ACTION COMMITTEE
131 Clarendon St. Boston MA 02116
Mental Health Coord. (617)-437-6200 Ext. 274
Does intake and referral to variety of support groups for: people with AIDS; people with ARC; friends & lovers of PWA's; bereavement groups. Call for information. 12/91

HEALTH: A.I.D.S.-- Framingham
AIDS ANONYMOUS
Contact: Joyce Henderson, (508)-365-4537
A 12-Step support group where persons share their experience, hope and strength. Open to PWA's and HIV positive individuals and concerned others. Meetings at Grace Church, 73 Union Ave., Framingham, MA 01701 Thursdays 7:30 including holidays. 4/91

HEALTH: Alopecia Areata-- Norfolk
NATIONAL ALOPECIA AREATA FOUNDATION: BOSTON CHAPTER
Nancy Clark, President (617)-843-5583
19 Staten Road Braintree MA 02184-3117
Peer group support for those who suffer the loss of their hair. Monthly meetings provide a safe ground for emotional, social, cosmetic and medical issues surrounding alopecia areata and its variants. 12/91

HEALTH: Alzheimer's/Caregivers--Eastern Mass.
ALZHEIMER'S ASSOCIATION OF EASTERN MASS.
One Kendall Square, Bldg. 600
Cambridge, MA 02139 Alzheimer's Helpline: (617) 494-5150
or toll free from area code 508: 1-800-548-2111
A nationwide non-profit organization committed to education, advocacy, and support for families of people with Alzheimer's disease. For additional support group listings in Eastern Mass. call the Alzheimer's Helpline listed above. 4/91

HEALTH: Alzheimer's/Caregivers-- North Shore
ALZHEIMER'S SUPPORT GROUP
North Shore Elder Services, 152 Sylvan St., Danvers, MA
Contact: Lois Stern (508)-750-4540
A free on-going support group for Alzheimer's caregivers, offered by North Shore Elder Services, Inc. the 2nd & 4th Thursday of the month, 7:00-8:30 p.m. at the NSES office, 152 Sylvan St. Danvers, MA. Facilitated by Lois Stern, LSW, the group provides a forum for caregivers to discuss their problems and frustrations. New participants are always welcome. Respite services are available to Marblehead residents for a reasonable fee.
North Shore Elder Services is a private, non-profit corporation established in 1976 to plan, coordinate and provide community-based, long-term care services for older people. The agency belongs to a network of 27 Home Care Corporations in Massachusetts and 675 Area Agencies on Aging nationwide. 4/91

HEALTH: Alzheimer's/Caregivers-- Western Mass.
ALZHEIMER'S DISEASE & RELATED DISORDERS ASS'N OF WESTERN MASS.
240 Main St., Northampton, MA 01060,
Phyllis O'Hara-McGuane/President (413)-586-5325
Coordinating organization for Alzheimer's chapters in Western Mass. Call for information about nearest support groups. 4/91

HEALTH: Alzheimer's/Caregivers-- Worcester
ALZHEIMER'S SUPPORT NETWORK OF SOUTH CENTRAL MASS.
PO Box 839, Southbridge MA 01550
Southbridge Area Support Group:
Henry Burnett, President (508)-949-3598
Helen Emrich, Group Leader (508)-347-3545
Webster Area Support Group:
Co-leaders: Julie Janczyk (508)-943-3889
Carolyn Racicot (508)-949-3598
To provide emotional support, education and resource referral for family/friends for people with Alzheimer's Disease and related dementias. 3/91

HEALTH: Amyotrophic Lateral Sclerosis-- Eastern MA, VT, NH
AMYOTROPHIC LATERAL SCLEROSIS ASSOCIATION
7 Lincoln St., Wakefield MA 01880 (617)-245-2133
Existing groups in Massachusetts:
Burlington: Ginny Del Vecchio (617)-729-5346
Norwood: Barbara Hopcroft (617)-646-1000 Ext. 4733
If you would like to have a group in your area, please call the Wakefield office.
11/91

HEALTH: Arthritis-- Statewide
MASSACHUSETTS CHAPTER ARTHRITIS FOUNDATION
29 Crafts St. Newton MA 02160 (617)-144-1800 or 1-800-882-1464
Support for people with arthritis and other rheumatic diseases and their families and friends. The focus is educational and social. Information regarding local groups may be obtained by calling or writing to the Mass. Chapter Arthritis Foundation. Local support groups are listed below. Please call contact person(s) for time and place of meetings in your area.

Amherst - Nancy Pagano (413)-256-4057
Brockton - Susan Boleyn (508)-697-6632 or
Eleanor Norton (508)-587-0135
Brockton - ARTHRITIS SUPPORT GROUP FOR YOUNG ADULTS
Natalie Silva (508)-587-0135
Burlington/Woburn/Billerica - Rosella Bilotta (617)-273-1248 or
Keleher Ambulatory Care Center (617)-935-5050 Ext.486
Falmouth - Sharon Belcher (508)-540-1026
Framingham - Darrell Simpson (508)-655-1322 or
Barbara Schlitzer (508)-875-8664
Leominster - Diane Godin (508)-342-2211
Lowell - Cathy Ossif (508)-454-4522 or
Pat Moysenko (508)-453-1761 Ext. 1634
Malden - Helen Carmody (617)-665-2396 or
Susan Brown (617)-322-2221 Ex t. 5259
North Adams - Marguerite Hartman (413)-663-52
Salem - Salem Hospital Community Health Education Dept.
(508)-741-1288
Springfield - Jean Barlow (413)-739-2614 or
Agnes Fitzgerald (413)-734-3535
Springfield Young Adult - Donna Dorans (413)-737-5573
Ware - Judi Norkaitis (413)-967-6211, Ext. 296
Winthrop - Susan Brown (617)-322-2221 Ext. 529 or
Pearl Sabat (617)-846-4299
Worcester - Lillian Coffey (508)-757-2558 or
Marilyn (508)-754-8096
Yarmouth - The Yarmouth Council on Aging (508)-394-7606

JA (JUVENILE ARTHRITIS) PARENTS SUPPORT GROUP

Western Mass - Shriner's Hosp., Social Work Dept. (413)-781-6750
Eastern Mass - Marcia Imbrescia (617)-334-4761

Arthritis Self-Help Courses - The six session Self-Help Courses are held throughout the state. For locations nearest you call 1-800-882-1464 or (617)-244-1800
Aquatics for People With Arthritis - Available in 26 locations throughout the state. For times and places, call (800)-882-1464 or (617)-244-1800 4/91

HEALTH: Asthma-- Middlesex
PAK (PARENTS OF ASTHMATIC KIDS)
American Lung Association of Middlesex County
Box 265 Burlington MA 01803
Ann-Marie Krol, Program Consultant (617)-272-2866
A support group of parents and professionals formed to provide opportunity for parents to learn more about asthma and how to manage it. 3/91

HEALTH: Asthma-- Middlesex
CAP (CHILDREN'S ASTHMA PROGRAM)
American Lung Assoc. of Middlesex County, Box 265 Burlington MA 01803 Ann-Marie Krol, Program Consultant (617)-272-2866
A training and education program designed to help alleviate the fears and uncertainties of childhood asthma. 3/91

HEALTH: Cancer-- Statewide
AMERICAN CANCER SOCIETY SUPPORT GROUP
130 Training Field Rd. Chatham, MA 02633
Cancer patients, family/friends welcome. Meets 1st & 3rd Thurs. at 7:30 pm, West Parish Church, Rt. 149, West Barnstable. For information contact Nancy Roberts at (508)-945-1762. 12/90

HEALTH: Cancer-- Stoughton
CANCER SUPPORT GROUP
M.E.Levine LCSW (617)-341-1006
This group focuses on support for individuals coping with cancer. A very positive approach. Specializing in focusing on mesothelioma cancer but open to everyone with cancer and family members. 12/90

HEALTH: Cancer-- Barnstable
NU VOICE CLUB OF CAPE COD
P.O. Box 584 North Eastham, MA 02651
Dr. James Hartgering, President (508)-255-5694
Support group for patients with laryngectomy. Home and hospital meetings are made. Speech therapy provided by local hospitals and VNA. No dues. Monthly meeting -2nd Tuesday of the month at 10:30 at the Harwich Recreational Building, Sisson Road, Harwich, Route 124 & 39. 4/91

HEALTH: Cancer-- Statewide
CANCER INFORMATION SERVICE
44 Binney St. Boston MA 02115 1-800-4-CANCER
"The public's link to cancer information": complete listing of all cancer-related self-help and support groups in the state.
The Cancer Information Service is funded by the National Career Institute to provide accurate, up to date information on the detection, prevention, diagnosis and treatment of cancer. Complete listings of cancer-related self-help and support group throughout the state are available. 4/91

HEALTH: Cancer-- Statewide
CANDLELIGHTERS' CHILDHOOD CANCER FDN.
Walden Unit, American Cancer Society, 321 Main St. Acton MA 01720 Emerson Hospital (508)-369-1400 or (508)-263-1131
Old Road to Nine Acre Concord MA 01742 Ask for Social Services Department
International organization serving parents of children with cancer and the medical and social professionals who treat them. Promotes self-help groups; phone above number to contact the nearest active Candlelighter group and/or see list below: 4/91
Central Berkshire County Unit, American Cancer Society
525 East Street Pittsfield MA 01201
Berkshire Medical Center (413)-499-4161
Candlelighters of Berkshire County, Inc. Nancy Ireland, President
119 Strong Ave. Pittsfield MA 01201 (413)-447-9192
Provides one-on-one support, assistance, information and research.
Children's Hospital 300 Longwood Ave. Boston MA 02115
Ask for: Helen Clinton S.S. Division (617)-735-6000
Dana-Farber Cancer Institute 44 Binney St. Boston MA 02115
Ask for: Sandy Woodburn, Collise Levin (617)-732-3000
Brigham and Women's Hospital 75 Francis St. Boston MA 02215
Ask for: Radiology Dept. (617)-732-5500
Mass. General Hosp. Fruit St. Boston MA 02114
Ask for: Adele Goldsteen, Ken Scheublin (617)-726-2000
Tufts New England Medical Center-Floating Hosp. 171 Harrison Ave. Boston MA 02111
(617)-956-5000 Ask for: Judith Riley, Carol Hemmes, Diane Price
The Central Mass Pediatric Parent Oncology Support Group
Why Me? (508)-757-7734 Meets 3rd Wednesday of month, U. Mass Medical Center, Worcester.

HEALTH: Cancer-- Worcester
ONCOLOGY SUPPORT GROUP
Harrington Memorial Hospital 100 South St. Southbridge MA 01550
Roger Lamontagne and Grace Curnow (508)-765-9771 ext. 2570
To provide emotional support and education to individuals and family coping with cancer diagnosis and treatment. 3/91

HEALTH: Cancer-- Worcester
WHY ME: HELPING CHILDREN WITH CANCER
316 Main St. Worcester MA 01608 Nadine Andrews or Margaret White (508)-757-7734
Independent support group for anyone who has a child of any age who has cancer. 8/89

HEALTH: Cancer-- Statewide
DES ACTION
PO Box 126, Stoughton MA 02072
Affiliated with The DES Cancer Network, PO Box 10185 Rochester NY 14610 (415)-465-4011
Advocate for DES exposed. Individual Counselling, physician referral, quarterly newsletter, publications available. 12/91

HEALTH: Chronic Fatigue/Immune Dysfunction-- Essex
NORTH SHORE CFIDS/CFS GROUP
PO Box 215 Hamilton MA 01936 (508)468-7750
The CFIDS Assoc., PO Box 220398, Charlotte NC 28222-0398
"on top" of all research on illness
Meets monthly at First Baptist Church, 221 Cabot St., Beverly MA (508)-922-3295. Monthly newsletter. Makes referrals to doctors who understand the illness. Also operates national computer BBS information system for those with computers anywhere in the world. For more information, write to Hamilton address. 12/91

HEALTH: Chronic Fatigue/Immune Dysfunction-- Statewide
CHRONIC FATIGUE AND IMMUNE DYSFUNCTION SYNDROME ASSOC. INC. (CFIDS)
808 Main St. Waltham MA 02154 (617)-893-4415
This association consists of local support groups throughout the state which offer information, medical education, advocacy and physician referral. Also includes State educational meetings with speakers which are videotaped and can be borrowed by members, a disability committee, book lending, advocacy and fundraising for research. 3/91

HEALTH: Chronic Fatigue/Immune Dysfunction-- International
CHRONIC FATIGUE IMMUNE DYSFUNCTION SYNDROME SOCIETY INTERNATIONAL
PO Box 230108 Portland Oregon 97223 (503)-684-5261
An informational clearinghouse for Chronic Fatigue Syndrome. Mails out information packets as well as provide local support group contacts to callers. Also maintains an extensive library of medical journal, magazine, and newspaper articles, publishes a newsletter, maintains a book referral list. Sponsors a national conference on Chronic Fatigue Syndrome. 4/91

HEALTH: Chronic Pain-- Plymouth
PAIN SUPPORT GROUP
(508)-588-4000 Ext. 1204
Meets monthly at Cardinal Cushing General Hospital X-Ray Conference Room Brockton MA on 2nd Thursday of each month (6:00-8:00 p.m.)
For persons who are constantly dealing with chronic pain; open also to family and friends expressing genuine concern. 12/91

HEALTH: Cystic Fibrosis-- Statewide
MASSACHUSETTS CYSTIC FIBROSIS FOUNDATION
220 Main St., Suite 104, Natick MA 01760
John F. Cox, Exec. Dir., 1-800-966-0444 or (508)-655-6000
Contact for information on branch locations in Mass. as well as Cystic Fibrosis Centers in Springfield and Boston, and support groups in various locations. 4/91

HEALTH: Diabetes-- Worcester
DIABETES SUPPORT GROUP
Janet Pasquale, 44 Tim Rod Rd., Worcester MA (508)-753-0742
Lynn Norris RN CDE, UMass Hospital, Worcester
Meetings 3rd Thurs. of the Month 7-8:30 at UMass Hospital, Worcester. Messages may be left at (508)-393-5130.
Informal monthly meetings of parents and friends of children with diabetes to discuss everyday problems faced by diabetics. 12/91

HEALTH: Dizziness-- Greater Boston, Concord
VESTIBULAR DISORDERS ASSOCIATION
(formerly Dizziness and Balance Disorders Association of America)
An information and support organization for people coping with dizziness, balance disorders and related hearing problems.
The Greater Boston Chapter:
Contact: Kim Rumsmoke, Mass. Eye & Ear Infirmary, Vestibular Lab, 243 Charles St. Boston MA 02114 (617)-573-4153
Meetings held 3rd Tues. each month, 3-5 pm, 5th floor Conference Room.
Concord Vestibular Disorders Support Group:
Contact: Virginia Strauss, 4 White Terrace, Lexington MA 02173 (617)-862-1223
Meets 2nd Wednesday, 7-9 p.m at North Assembly Room, Emerson Hospital, Concord
National Headquarters: 1015 N.W. 22nd Avenue, D-230, Portland, Oregon 97210-3079 (503)-229-7705 4/91

HEALTH: Eating-Related-- Eastern Mass.
ANOREXIA NERVOSA AND ASSOCIATED DISORDERS, NAT'L ASSOC. OF (ANAD)
Box 7, Highland Park, Ill 60035 (708)-831-3438
Meredith Luyten, 7 Firetower Rd, Falmouth (508)-548-7987
Judith Anderson, PO Box 706, Woods Hole MA 02543 (508)-548-7615
Mrs. P. Warner, PO Box 213, Lincoln Center MA 01773 (617)-259-9767
For anorectics, bulimics, and their families to meet others with similar problems. 3/91

HEALTH: Eating-Related-- Middlesex
ANOREXIA BULIMIA CARE, INC. (ABC)
P.O. Box 213 Lincoln Center MA 01773
Patricia Warner (617)-259-9767
Provides support and information for eating disordered individuals, their friends, families and professionals. Hotline, general information service, referral registry, workshops, befriending, newsletter, and speakers bureau. 10/91

HEALTH: Eating-Related-- Statewide
OVEREATERS ANONYMOUS
Taped list of meetings in Mass: (617)-641-2303
For meeting information in Western Mass. (413)-783-4198
A self-help program of recovery for compulsive overeaters. 12/91

HEALTH: Eating-Related-- Statewide
TAKE OFF POUNDS SENSIBLY (TOPS)
Diane Hoydilla, Coordinator #447 (203)-269-6821
22 Nod Brook Rd., Wallingford CT 06492
A non-profit organization with 5 distinguishing facets: 1-Medical Orientation; 2-Group Therapy; 3-Competition; 4-Recognition; 5-Obesity Research. Membership fee: $16/year. Weekly dues: $.50-$2.00 to help cover rental fees. Nine groups in Massachusetts. Telephone #'s of contact persons by county are: 4/91

Barnstable, Bristol, Norfolk, Plymouth:	Claire Hills (508)-378-2162
Berkshire, Franklin, Hampden, Hampshire:	Sue Davignon (413)-663-5198
Essex, Suffolk:	Cheryl Crotty (508)-468-7340
Middlesex:	Barbara White (617)-861-0949
Worcester:	Ann Bakun (508)-368-1620

HEALTH: Endometriosis-- Statewide
ENDOMETRIOSIS ASSOCIATION
Endometriosis Assn. (U.S.-Canada Headquarters) P.O. Box 92187, Milwaukee WI 53202
Self-help organization of women with endometriosis and others interested in exchanging information about the disease, offering mutual support to those affected by it.

Greater Boston Area:	150 Woburn St., Medford, MA 02155
	Contact: Barbara Gavoni
Northampton Area:	38 N. Elm St., Northampton, MA 01060
	Contact: Barbara Glassner Novak
Worcester Area:	Ridge Road, Box 1011, W. Brookfield, MA 01585
	Contact: Jane Higgins 4/91

HEALTH: Epilepsy-- Statewide
EPILEPSY ASSOCIATION OF Massachusetts
59 Temple Place Suite 550 Boston MA 02111 (617)-542-2279
For people with epilepsy and seizure disorders. Currently groups are operating in: Boston, Brockton/Taunton, Worcester, Fitchburg/ Leominster, Framingham, Newton/Wellesley, Somerville/Cambridge, Springfield, Methuen. 12/91

HEALTH: Facial Disfigurement-- Boston
LET'S FACE IT
Box 711 Concord MA 01742 Betsy Wilson, Dir. (508)-371-3186
A National support network for people with facial disfigurement. Monthly Boston support meetings. Sixteen page Resource list with over 100 resources; also phone and letter linking. 3/91

HEALTH: Heart Disease-- Hampden, Middlesex, Norfolk
THE MENDED HEARTS, INC.
7320 Greenville Ave. Dallas TX 75231 (214)-706-1442
Non-profit service organization of persons who have undergone heart surgery. Chapters throughout the U.S. to give help and encouragement to others who are faced with or have had heart surgery. 12/91
Greater Boston: 49 Edward Rd. W.Newton MA 02165 (617)-244-6419
Western Mass.: 374 Commonwealth Av., Springfield MA 01108
Hyman Goldsmith (413)-788-8891

HEALTH: Heart Disease-- Statewide
PARENTS AND CARDIAC CHILDREN TOGETHER (P.A.C.C.T.)
623 Randolph Ave. Milton MA 02186
Virginia Gaughen (617)-696-6685
To educate and support families of children with heart defects. 11/91

HEALTH: Hemophilia-- Norfolk, MA, NH, VT, ME
NEW ENGLAND HEMOPHILIA ASSOCIATION
170 Rustcraft Rd. Dedham MA 02215
Edward S. Glebus, Exec. Dir. (Norfolk) (617)-326-7645
Peer support for persons with hemophilia, and other congenital clotting disorders, their families and friends, and education, counseling and support created by the AIDS crisis4/91

HEALTH: Ileitis & Colitis-- Norfolk, Statewide
CROHN'S AND COLITIS FOUNDATION OF AMERICA
17 Avery Sq. Needham MA 02194 Ann Wade (617)-449-0324
Information and support for those suffering from Crohn's (ileitis) and colitis. Monthly groups meet in Boston, Framingham, Brockton, Salem, Wilmington, Newton and Worcester. Call for schedule information. 4/91

HEALTH: Impotence-- Plymouth
IMPOTENCE SUPPORT GROUP
Jordan Hospital, 275 Sandwich St., Plymouth MA 02360
The Impotence Center offers professional assistance in a confidential setting for individuals with impotence. For information or to make an appointment, call (508)-746-6591

HEALTH: Impotence-- Connecticut
IMPOTENTS ANONYMOUS
Impotence Institute of America, 2020 Pennsylvania Ave., N.W. Suite 292,
Washington, DC 10006
Meets at 7:00 p.m. on Wednesday, New Britain General Hospital, Lecture Rm. 1, Grant St., New Britain CT
Contact: Rafael Wurzel, M.D., One Lake St., New Britain CT 06052 (203)-225-6459
Meets 1st Wednesday of each month at Waterbury Hospital, Robbins Street, Waterbury. Call contact for time (203)-757-8361
Contact: Robert A. Feldman, M.D., Urological Assoc. of Waterbury, 1211 West Main Street, Waterbury CT 06708 7/92

HEALTH: Joints-- Middlesex
TMJ NETWORK (TEMPOROMANDIBULAR JOINT DISORDERS)
Ann-Marie C. DePalma, RDH, BS
36 Meacham St. Somerville MA 02145 (617)-776-7309
To improve knowledge and understanding of Temporomandibular Joint Disorders for those afflicted and their families, friends, health care providers and those interested in learning more about TMJ. Provides monthly support group meetings, a newsletter/article mailing list for those unable to attend meetings, referral listing, and an educational/lecture base. Donations requested of those attending monthly meetings or who are listed on the mailing list to help defray costs. 3/91

HEALTH: Joints-- Suffolk
JAW JOINTS & ALLIED MUSCULO-SKELETAL DISORDERS FOUNDATION, INC.
Forsyth's Research Inst. 140 The Fenway Boston MA 02115
Renee & Milton Glass (617)-266-2550
Nationally organized foundation, which functions on two levels:

1) Acts as a catalyst for communication by providing a forum for the public and health-care professionals through frequent free lectures and periodic seminars. Publishes newsletters and educational materials: provides advocacy, networking and research.
2) Support groups meet periodically. Free professional lectures throughout the year. Support group is an informal adjunct with these lecture meetings. 1/92

HEALTH: Leukemia-- Hampden, Hampshire, Franklin, Berkshire
LEUKEMIA SOCIETY OF AMERICA--WESTERN MASS. CHAPTER
31 Elm St. Suite 552 Springfield MA 01103
Elizabeth Rubin, Exec. Sec. (413)-788-0586
To promote "networking" of emotional support for families dealing with the stresses of life-threatening illness. 3/91

HEALTH: Leukemia-- Statewide & Maine, New Hampshire, Vermont
LEUKEMIA OUTREACH PROGRAM
c/o Leukemia Society of America, Mass. Chap., 180 Rustcraft Rd., Dedham MA 02026 Iris M. Gleason, Exec. Dir. (617)-329-9944 Co-facilitators: Cathleen Poliquin, MSN, Frank McCaffrey, LICSW Leukemia patients and their families and friends gather monthly in spirit of fellowship and support. 10/91

HEALTH: Life-Threatening Illness-- Middlesex
FOCUS
c/o Omega 33 Walker St. Somerville MA 02144
Evelyn Gladu (617)-625-1920 or Deborah Casey (617)-776-6369
For persons whose lives are affected by a life-threatening illness, whether oneself, family member or friend. 6/91

HEALTH: Lung Disease-- Hampden
PULMONARY SUPPORT GROUP
Mercy Hospital, 271 Carew St., Springfield, MA 01004
People with lung disease and their families are cordially invited to attend an afternoon of sharing and learning about better living with lung disease. Our monthly meetings provide support and education on conditions such as chronic bronchitis, asthma and emphysema. We meet on the 4th Wednesday of the month, from 1-3 p.m. in the Medical Staff Room of the Deliso Center, Mercy Hosp. Please call 781-9100, ext.1610 for more information. 4/91

HEALTH: Lung Disease-- Western MA
BETTER BREATHERS CLUBS
American Lung Assn. of Massachusetts
Phyllis Austin-Bertera (413)-737-3506
Barbara O'neil (617)-269-9720
American Lung Assn. of Western Massachusetts
Carol Magrone (413)-737-3506
393 Maple St. Springfield MA 01105 (same address for both)
Support group/educational program for patients with lung disease, i.e., chronic bronchitis, emphysema and asthma, and their family members. Free of charge, quarterly newsletter. Materials for self-education available usually free of charge-videos, slide/ tapes and film available for loan or use at our Lung Health Center. 11/90

Air Pollution A toll-free number available from March-November.
The air quality index is a daily report and forecast of ozone smog levels designed to warn people when the air quality level is expected to be above the standard set by federal guidelines. Call 800-882-1497 (continued next page)
Allergies Information available to persons suffering from seasonal allergies and indoor allergies. Contact: Carol Magrone (above)
Asthma Cost free patient education on adult asthma and management. Classes for children with asthma. Educational materials available. Contact: Phyllis Austin-Bertera (above)
Lung Disease Cost free patient education classes on emphysema, chronic bronchitis, asthma and occupational lung diseases. Educational materials available cost-free, videos, fact flyers. Better Breather support groups throughout West. MA.
Contact: Phyllis Austin-Bertera (above)
Smoking Cessation Programs for schools, teenagers, pregnant women, adults. Programs located all over West. MA.
In schools - consultant and videos made available cost free.
In hospitals - freedom from smoking 7 week programs
available for adults who wish to quit smoking (fee)
In work place - smoking policies in the workplace-consultant
available for a fee-will help set policy and conduct Smoking Cessation programs.
Videos available - cost free on subject above
Literature available on smoking statistics and other info.

HEALTH: Lupus-- Statewide
THE LUPUS FOUNDATION OF AMERICA
Massachusetts Chapter (617)-332-9014
215 California St. Newton MA 02158
To spread awareness and education of lupus to patients, their friends and families; to provide patients contact with one another. Lupus Support Groups: 7/91
South Shore Lupus Group Milton Health Care Facility, Milton, MA
Pat O'Keefe (617)-326-4960
Central Mass Sub-Chapter Masonic Hall, W. Boylston, MA
Cathy St. Andre (508)-485-3535 Mary Martin (508)-478-5423
S. Eastern Mass. Lupus Group Call for location
Connie Baumgardner (508)-997-8877
Springfield Lupus Group 145 Maple St., Suite 408, Springfield, MA
Trish Kania (413)-785-5112
Boston & Metro West Lupus Group Call for location
Miriam Gilman (617)-969-6623
Plymouth & Cape Cod Lupus Group Call for location
Kathy Lansing (617)-585-3287 Linda Furman (508)-224-9449
Foxboro Lupus Group Christine Minton (508)-543-8804
North Shore Lupus Groups
Salem: Cynthia Lindahl (617)-631-8321
Peabody: Medical East, Anne Chandler (508)-774-8990
Carolee McDonald (508)-777-1535
Tyngsboro Lupus Group Cathy Monaco (508)-649-9891

HEALTH: Multiple Sclerosis-- Barnstable
MULTIPLE SCLEROSIS SUPPORT GROUP
Box 233 Barnstable, MA 02630 Tom Dobrient or Joan Cassen
A support group set up to provide support, information and guidance for patients and their families. 4/91

HEALTH: Multiple Sclerosis-- Statewide
NATIONAL MULTIPLE SCLEROSIS SOCIETY
Mass. Chapter 400-1 Totten Pond Road Waltham MA 02154
Dir. of Chapter Services: Susan Fliegel (617)-890-4990
A network of self-help groups throughout Mass. for persons with MS, their friends and family members. Groups usually meet monthly for discussion, social programs and guest speakers. 12/91

HEALTH: Multiple Sclerosis-- Worcester
MS SELF HELP GROUP
Harrington Memorial Hosp. 100 South St. Southbridge MA 01550
Roger Lamontagne or Barbara Carlson (508)-765-9771 ext. 2570
To provide peer support for individuals and family members coping with Multiple Sclerosis. 3/91

HEALTH: Narcolepsy-- Statewide
MASSACHUSETTS NARCOLEPSY NETWORK
Communication, Advocacy, Research, Education. Call contacts below for information on meeting times and places: 4/91

Eastern Mass. Marie Harrington, PO Box 2116, Quincy MA 02269 (617)-439-0213
Central Mass. Michelle Hibbard, PO Box 296, Worcester MA 01614 (508)-757-5492
Western Mass. Bruno Aronica, 50 Joan St., Springfield MA 01129 (413)-782-5380

HEALTH: Neurofibromatosis-- Eastern Mass.
NATIONAL NEUROFIBROMATOSIS FOUNDATION - MASS. CHAPTER
c/o Patricia Krug (617)-326-4775
21 Vine Rock St. Dedham MA 02026
State chapter of national organization serving patients and families. Quarterly newsletters are provided. Educational meetings and support group meetings are scheduled in the spring and fall in and around the Boston area. Fund raising activities are held year round.
4/91

HEALTH: Neurofibromatosis--
NATIONAL NEUROFIBROMATOSIS FOUNDATION, INC. 1-800-323-7938
141 Fifth Ave. Suite 7 South New York NY 10010-7105
Organization serves patients and families providing education and research. Membership open to public. 4/91

HEALTH: Ostomy-- Statewide
OSTOMY ASSOCIATION
Ostomates helping ostomates through visits, literature, and mutual aid with ostomy problems. Meetings held in homes, hospitals, nursing homes. 12/91

Ostomy Assoc. of Cape Cod - Helen Enochs, PO Box 31 Eastham (508)-255-7329
Berkshire County - Vickie Simon 480 Elm St. Pittsfield MA 01201 (413)-447-9746
Greater New Bedford/Fall River - Germain Gaudreau 374 Harwich St. New Bedford MA 02745 (617)-994-9128 Meetings held at St. Luke's Hospital, New Bedford and St. Ann's Hospital in Fall River in September, November, January, March, May.
North Essex County - Cecilia La Voi 70 Turkey Hill Rd. Newburyport MA 01950 (508)-462-7855
Franklin County - Jean Siminons (413)-773-5085
Greater Springfield - Helen Geoffrion 33 Walnut St. Agawam MA 01001 (413)-789-1666 Meets third Sunday of the month at the Church of the Good Sheperd, West Springfield MA (Do not meet Aug. or Dec.)

Continued on next page

Merrimack Valley - Fred Arold, 6 Boylston St., Methuen MA 01844 (508)-688-8161
Boston - Lucy Mercurio 247 Commonwealth Ave. Boston MA 02116 (617)-267-3665
Northwest of Boston - Donna Loehner, Lahey Clinic, Mall Rd., Burlington, MA 01805 (617)-273-5100
North Worcester - Norbert Beauchene 27 Fairview St. Fitchburg MA 01420 (508)-342-0818

HEALTH: Post-Polio-- Southeastern MA, RI
SUPPORT GROUP OF POST-POLIO SURVIVORS OF S.E.MASS., RHODE ISLAND
71 May St. South Attleboro MA 02703
Kathleen Simpson, President (508)-399-7938
Polio Society (202)-897-8180 4200 Wisconsin Ave.,NW Suite 106273 Washington DC 20016
Monthly meetings for post polio survivors in S.E. Mass. and Rhode Island. Support, information, guest speakers. 12/91

HEALTH: Post-Polio-- Greater Boston
GREATER BOSTON POST-POLIO INFO/ASSOCIATION
PO BOX 812-726 Wellesley MA 02181
Elaine Burns (617)-235-1624 / Paula Brown (617)-491-9044
International Polio Network, 5100 Oakland Avenue #206
St. Louis MO 63110 (314)-534-0475

HEALTH: Rare Disorders-- Suffolk
ADVOCACY FOR LOW INCIDENCE DISORDERS, INC.
P.O. Box 522, Brookline, MA 02146, Steve Bachner (617)-932-4673 Advocacy, support, crisis intervention, training and other services for anyone affected by a rare condition. 4/91

HEALTH: Rare Disorders--
NATIONAL ORGANIZATION FOR RARE DISORDERS, INC. (NORD)
PO Box 8923, New Fairfield CT 06812-1783 (203)-746-6518
Reprints of disease articles from their **Rare Disease Database** are available at $3.25 per copy. Written in understandable language for patients and families. Also includes a list of resources that can be contacted for further information about the illness. Some of the listed disorders are not rare, but are included because NORD receives substantial inquiries about them. Also publishes newsletter, "Orphan Disease Update." 12/91

HEALTH: Respiratory-- Hampden
BAYSTATE MEDICAL CENTER,
759 Chestnut St., Springfield, MA 01199
BETTER BREATHER SUPPORT GROUP--Marie Lemoine (413) 784-4442
Offers monthly meetings, provides support and education on chronic obstructive pulmonary disease such as emphysema, chronic bronchitis and asthma. The group plans outings together.
TRACHEOSTOMY SUPPORT GROUP--Marie Lemoine, (413) 784-4442
Offers monthly meetings, provides support and education to patients and families with artificial airways. 4/91

HEALTH: Scleroderma--
SCLERODERMA ASSOCIATION OF NEW ENGLAND
PO Box 910, Lynnfield MA 01940 (508)-535-6600
Call above number for information, brochures, newsletter. Has conference every 1 or 2 years. 1/92

HEALTH: Spina Bifida-- Middlesex
MASSACHUSETTS SPINA BIFIDA ASSOCIATION (MSBA)
24 Wentworth Rd. Melrose MA 02176
John D. Scarborough (617)-239-1919
A volunteer advocacy & support organization devoted to serving the needs of children and adults with Spina Bifida and their families. 4/91

HEALTH: Stroke-- Statewide
EASTER SEAL STROKE CLUBS
Massachusetts Easter Seal Society, 484 Main Street, 6th Floor,
Worcester MA 01608: 1-800-922-8290
Give stroke disabled people the encouragement and social outlet vital for their recovery. 12/91

Worcester Office: 484 Main Street, 6th Floor, Worcester MA 01608
Contact for all statewide groups or just local groups which are Worcester, Fitchburg and Southbridge 1-800-922-8290

Southeast Office: 1145 Purchase St. New Bedford MA 02740
Contact for groups in South Yarmouth, Attleboro, Brockton, Somerset, Norwell, Pocassett, Welfleet, Taunton: (508)-997-1553

Western Office: 380 Union St. West Springfield MA 01089
Contact for groups in North Adams, Belchertown, Greenfield, Northampton: (413)-734-6434

Northeast Office: 5 Ballard Way Lawrence MA 01843
Contact for groups in Andover, Newburyport, Lynn, Beverly: (508)-683-1259

Boston Office: 833 Statler Office Building 20 Park Plaza Boston MA 02116
Contact for groups in Boston, Newton, Cambridge, Framingham, Woburn: 1-800-922-8290

HEALTH: Tay Sachs and Related Storage Disease-- Statewide
NAT'L TAY SACHS & ALLIED DISEASE PARENT PEER GROUP
2001 Beacon St., Suite 304, Brookline MA 02146 (617)-277-4463
NTSAD is a non profit voluntary health organization committed to the eradication of Tay Sachs and Allied Diseases. Programs of NTSAD include: public & professional eduction; carrier screening, laboratory quality control; research; family services; and the parent peer group support network. 3/91

HEALTH: Tourette Syndrome-- Suffolk/Middlesex/Norfolk
TOURETTE SYNDROME ASSOCIATION--Greater Boston Chapter
Joanne Cohen, President, (508)-634-8805,
11 Shadowbrook Ln. #35 Milford, MA 01757.
Information, referral and support for people with Tourette Syndrome, family members, friends. 4/91

HEALTH: Tumor-- New England
ACOUSTIC NEUROMA ASSOCIATION - NEW ENGLAND
21 Lennon St. Gardner MA 01440 c/o Lorrie Bell (508)-632-6390
Acoustic Neuroma Assoc. PO Box 398 Carlisle Pennsylvania 17013
(717)-249-4783
A self-help group which provides support and networking to individuals who have had tumors affecting the cranial nerves and to their families. 4/91

NOTE: For **organ donor information** write:
The Living Bank
PO Box 6725
Houston, Texas 77265

or call 1-800-528-2971.

MENTAL HEALTH

MENTAL HEALTH: Current/Former Patients-- Middlesex
MENTAL PATIENTS LIBERATION FRONT
PO Box 514 Cambridge MA 02238
Ruby Rogers Advocacy & Drop-In Center (617)-876-4742
2336 Massachusetts Ave. Cambridge MA 02140
Non-profit corporation organized in 1975 for self-help exchange among current and former patients in the mental health system. Provides support, advocacy and drop-in center.
12/91

MENTAL HEALTH: Depression, Etc.-- Essex
HELPING HANDS
86 Poor St. Andover MA 01810 Rita Martone (508)-475-3388
This group was formed to provide an alternate approach in servicing people who are suffering from Manic-Depression, Depression, Schizophrenia, and other emotional disorders. We feel that the group is unique in that although it meets weekly, (in a home) the support is there seven days a week, through a network of visiting and keeping in touch by phone. There is no professional person to chair the group. All members are given the opportunity to discuss their illness and how to cope with it. Group is supported through contributions of its members. 4/91

MENTAL HEALTH: Depression-- Middlesex
DEPRESSION WORKSHOP
1126 CHANDLER ST. TEWKSBURY MA 01876
Patricia Perkins (508)-851-9631
Shirley Oremland (508)-851-9688
Sharing positive methods for coping with depressed persons: positive support, learning to get involved with life and other people and to feel good about themselves. 11/91

MENTAL HEALTH: Depression-- Statewide (MA, NH, RI)
MANIC DEPRESSIVE & DEPRESSIVE ASSOCIATION OF BOSTON (MDDA)
PO Box 102 Belmont MA 02178 Contact: Evie Barkin
(617)-855-3665 or call McLean Hosp. Belmont MA (617)-855-2000
National Depressive & Manic Depressive Assn. 730 North Franklin, Suite 501 Chicago IL 60610 (312)-642-0049
Provides personal support and direct service to persons with clinical depression or manic depression and their families. To educate the public concerning the nature and management of these treatable medical illnesses.
Meets weekly at McLean Hospital, de Marneffe Cafeteria, on Wednesday nights from 7-9 pm. Also, has a Family and Friends group which meets at the same time and place but in a different room in the cafeteria. Drop-In Center meets every Monday and Thursday afternoons from 1:30-3:30 pm in room 116 in de Marneffe Cafeteria. Professional speakers twice a month and two public lectures a year at the Hynes Convention Center in Boston. Also meets in Belmont, Brockton, Natick, Danvers, Quincy, Ware, Worcester MA - Concord, Nashua, Portsmouth NH - Providence RI. 4/91

MENTAL HEALTH: Depression-- Statewide
EMOTIONS ANONYMOUS
Emotions Anonymous, Intl. Service Center (612)-647-9712
PO Box 4245 St. Paul MN 55104
Fellowship sharing hopes and strengths, using the AA 12-step program, in order to gain better emotional health. EA also has programs for children and youth. Some local meeting times, places and contacts are: (Due to frequent changes, please check information with contact person) 3/92

For Recorded list of meetings MA ME NH (617)-729-7011

Braintree:	Sat. 1 pm -	St. Francis of Assissi School, 854 Washington St. No contact person
Cambridge:	Fri. 6:30 pm -	Christ Episcopal Church, Chapel, Zero Garden St. Sam K No phone
Fall River:	Wed. 7 pm -	St. Anne's Hospital, 243 Forest St., Clemence Hall, Rm. 136. Mtg. Recording (617)-729-7011
Framingham:	Tue. 12 noon -	Sons of Mary Missionary Society, 567 Salem End Rd. John (508)-481-1016
Ipswich:	Tue. 7 pm -	Emmanuel Baptist Church, Rt.1-A Central St. Judy (508)-356-5090
Norfolk:	Tue. 7 pm - Fri. 7 pm	Southwood Community Hospital 111 Dedham St. Suzanne (508)-668-4170
North Adams:	Mon. 2:30 pm -	First United Methodist Church, 159 East Main St. Diana (413)-664-7988
Pittsfield:	Mon. 7 pm - Fri. 7 pm	Hillcrest Hospital, Rm. 305, West St. Gino (413)-442-8078
Quincy:	Sun. 3 pm -	Quincy Hospital, Main Building, 1st floor, 114 Whitewell St. Paul (617)-472-1799
	Tues. 7 pm -	Quincy Point Cong. Church, 444 Washington St. Richard (617)-471-2505
	Thurs. 7 pm -	St. John's School, 28 Phipps St. Hall, 2nd floor Hazel A. (617)-963-1160
Reading:	Sat. 10 am - Wed. 8 pm	1st Congregational Church, 25 Woburn St. Philip (617)-942-0234
Springfield:	Thurs. 7 pm -	Trinity United Methodist Church, 361 Sumner Ave., 2nd Floor Linda (413)-734-0876
Watertown:	Mon. 7:15 - Thurs. 7:15 pm	St. John's United Methodist Church 80 Mt. Auburn St. Lillian (617)-899-2457
Wellesley:	Wed. 7 pm - Sat. 9:30 am	St. Andrew's Episcopal Church, 79 Denton Rd. Side door Amalia G. (617)-444-7801 W or 455-8210 H
Worcester:	Fri. 12 noon -	Community Mental Health Ctr., 72 Jacques Ave. Deborah/Bob (508)-861-0039

MENTAL HEALTH: Depression-- Central, Eastern Massachusetts
MASSACHUSETTS DEPRESSION AFTER DELIVERY
PO Box 706, Quincy MA 02269-0706 (508)-559-BABY
To support women who are suffering from postpartum depression.

Boston Branch:	Contact:	Gerri (617)-837-4242
North Shore:	Contact:	Georgie (508)-887-8649
South Shore:	Contact:	Karen (508)-586-7785
Cape Cod:	Contact:	Gerri (617)-837-4242
Worcester:	Contact:	Sue (508)-882-3423
Fitchburg:	Contact:	Norma (508)-343-9115

4/91

MENTAL HEALTH: Dysfunctional Families-- Middlesex
CENTER FOR EMOTIONAL FITNESS
16 Pine St. #5, Lowell MA 01851-3167
Celeste Flory (508)-453-5707
To assist adult children from dysfunctional families find and develop their own identity and clear up past issues in order to be free and well to express themselves. Dysfunction may be from alcohol, drugs or other source which disordered their childhood development. Day meeting and evening meetings are held. Closed 12-step workshops also held. Call for more information. 3/91

MENTAL HEALTH: Families of Mentally Ill-- Statewide
THE ALLIANCE FOR THE MENTALLY ILL OF MASSACHUSETTS, INC.
27-43 Wormwood St. Boston MA 02210
Christopher Counihan, Exec. Director (617)-439-3933
Western Mass. - PO Box 500 Agawam MA 01001 Ruth Stein
(413)-786-9139 or Evlyn Russell (413)-247-9595
National Alliance for the Mentally Ill, 2101 Wilson Blvd. Suite 302 Arlington VA 22201
(703)-524-7600 or 800-950-NAMI,
A grassroots coalition of families and relatives of those affiliated with long term mental illness, linked together to provide mutual support and advocacy. 47 self-help groups located throughout Massachusetts. 12/91

MENTAL HEALTH: Fear, Nervousness, Temperament-- Statewide
RECOVERY, INC.
PO Box 31 Hyde Park MA 02136 Ans. Serv. (617)-969-0475
Recovery, Inc. Headquarters, 802 North Dearborn St. Chicago ILL 60610 (312)-337-5661
Mental Health through will training. Recovery, Inc. is a community mental health organization that offers a self-help method of will training. The Recovery Method is a system of techniques for controlling temperamental behavior and changing attitudes toward nervous symptoms and fear. Meetings held in 15 cities in Mass. plus Connecticut, New Hampshire, Rhode Island, Maine. Call above numbers for locations and times of mtgs.
11/91

MENTAL HEALTH: Obsessive-Compulsive-- Statewide
OBSESSIVE-COMPULSIVE FOUNDATION, INC. (OCD)
PO Box 9573, New Haven CT 06535 (203)-772-0565 or 0575
Dedicated to early intervention, controlling and finding a cure for OCD and improving the welfare of people with OCD. Education, research, mutual support. Currently, meetings are held in Boston, Newburyport, Yarmouthport, No. Andover, Springfield, Jamaica Plain. Call Jim Broatch at above phone number for further information. 4/91

MENTAL HEALTH: Obsessive-Compulsive-- Statewide
OBSESSIVE-COMPULSIVE ANONYMOUS
OCA Service Line (617)-499-9577
OCA National Service Headquarters (516)-741-4901
PO Box 215 New Hyde Park New York 11040
12 step self-help support group for persons suffering from Obsessive-compulsive disorder (OCD). Call service line for meeting times. Self-help book available. Long distance support given to people outside Boston area. 11/90
* Boston - Phil (617)-499-9577
Meets Wednesday night at Hall of St. Cecil's Church,
20 Bellevedere St. For individuals with OCD.
- Marin Konstadt (617)-242-5784
Meets 1st & 3rd Thursday 5-6 p.m. at Bulfinch 2, Conference Room, Mass. General Hospital. For family and friends of people with OCD. Phone call required prior to admission to group. Free.
- Darin De Lorenzo (617)-775-8285 or Boston OCD group, PO Box 9634, Boston MA 02114. For individual with OCD.
Braintree - Dr. Raynard, Ph.D. (617)-483-7550, Crossroads Counseling
Natick - Marilyn (508)-655-5819
Meets every Tuesday 6:30 p.m., Marilyn Flickman, 8 Langdon Rd., Natick MA 01760. For indiv. with OCD & family members.
* Newburyport - Janet Johnson (508)-465-1112
72 Longfellow Dr., Newburyport MA 01950. Twelve steps format. For individual with OCD and family members.
North Andover - Bob Garneau (508)-682-2139
People helping people.
* Salem - Margaret O'Brien (617)-499-4862
Meets 1st and 3rd Wednesday at 7:00 p.m. at North Shore Children's Hospital.
Springfield - Dr. George Kribbel (413)-784-5400
Call above number for time and place. For individuals with OCD and family members.
Yarmouthport - Pat (508)-362-8424
22 Flint Lockaway, Yarmouthport. Call for time/place.
* OCA Groups and not run by professionals 4/91

MENTAL HEALTH:-- Eastern MA
MESSIES ANONYMOUS
See "Miscellaneous" section.

MENTAL HEALTH: Phobias-- Bristol
AGORAPHOBIC SUPPORT GROUP
PO Box 1371 Westport MA 02790
Contact: Joanne Clarke (508)-673-9255
For adults with severe anxiety, panic attacks or phobias. To pro-vide support, information and training in techniques that reduce anxiety and the fears associated with the illness. Activities include goal setting, relaxation techniques and group discussions. Meetings are held the 3rd Thursday of each month at 7:30 p.m. at Super Stop & Shop Fall River MA. Meetings are held upstairs in the conference room. Ask the person at the courtesy booth for directions. You may bring support person if you desire. 4/91

MENTAL HEALTH: Phobias-- Statewide
ANXIETY DISORDERS ASSOCIATION OF AMERICA (ADAA)
6000 Executive Blvd., #200 Rockville, MD 20852 (301)-231-9350
ADAA is a national, non-profit organization that promotes the welfare of people with phobias and related anxiety disorders. Its members include people with disorders and their support persons, health professionals who study and treat the disorders, and other concerned individuals. 4/91

Greater Boston Anxiety Disorders Society: 74 Reservoir St., Cambridge MA 02138 (617)-492-5163

Merrimack Valley Chapter ADDAA: Andover Phobia Clinic, 166 North Main St. Andover MA 01810 Thomas W.C. MacLachlan, NACP (508)-475-7249

South Shore Mass. Chapter of ADAA: 670 Washington St. Braintree MA 02184 Richard C. Raynard, Ph.D. or Andrea White (617)-843-7550

Western Mass Anxiety Disorders Society, Inc.: 63 Mulberry St., Springfield MA 01050 Walter A. Mitchell, Ph.D. (413)-736-2602 (Hotline) or (413)-732-0801
FOR MEETING TIMES/PLACES: Rita Howie (413)-736-8929 after 3
(Agoraphobia and/or Anxiety/Panic Disorder)

MENTAL HEALTH: Suicide...Despair-- Eastern Mass., NH, CT
THE SAMARITANS
55 Jackson St., Lawrence MA 01840
By listening and caring, THE SAMARITANS try to alleviate the depression and despair that can lead to suicide. THE SAMARITANS are on call 24 hours a day, 7 days a week. For someone to talk to in confidence, call day or night: 10/91

Lawrence	(508)-688-6607
Lowell	(508)-452-6733
Haverhill	(508)-372-7200
Newburyport	(508)-465-6100

OTHER SAMARITAN BRANCHES:
Boston, 500 Commonwealth Ave., Boston MA 02215
(617)-247-0220
(617)-247-8050 (Samaritans)

(Continued on next page)

Cape Cod, Box 65, Academy Lane, Falmouth MA 02540
(508)-548-8900 Upper Cape
(508)-771-7770 Mid-Cape
(508)-759-2828 Buzzards Bay
Fall River/New Bedford, 386 Stanley St., Fall River MA 02720
(508)-636-6111
Framingham, 73 Union Ave., Framingham MA 01701
(508)-875-4500
Keene, NH, 25 Lamson St., Keene NH 03431 (603)-357-5505
Hartford, CT, Box 12003, Hartford CT 06112 (203)-232-2121

OTHER RESOURCES

If ANXIETY/PANIC/PHOBIA is a part of your life, the NPAD Newsletter is available. Objectively covers all aspects of Panic/Anxiety Disorders. Contact: NPAD Newsletter, 1718 Burgundy Pl., Suite B, Santa Rosa, CA 95403 (707)-527-5738

PREVENTING SUICIDE: A limited supply of free booklets is available from the National Depressive & Manic Depressive Association: If You Suspect Someone You Care About is Considering Suicide and Suicide and Depressive Illness. To order, call 800-826-3632.

PARENTING

PARENTING: Adoptive/Foster-- Essex
THE ADOPTION CONNECTION, INC.
11 Peabody Square Peabody MA 01960
Susan Darke, Director (508)-532-1261
A non-profit tax-exempt organization dedicated to the belief that every adoptee has a right to know his/her biological history. Made up of adoptees, adoptive parents, and birth parents. 3/91

PARENTING: Adoptive/Foster-- Middlesex
BIRTHMOTHERS SUPPORT GROUP
Women's Center 46 Pleasant St. Cambridge MA 02139
(617)-354-8807
Support in dealing with feelings of giving up one's child. 12/91

PARENTING: Adoptive/Foster-- Middlesex
CONCERNED UNITED BIRTHPARENTS-- Boston Branch
PO Box 396 Cambridge MA 02238 (617)-328-3005
Adoption Issues--Support, self-help and referral for birthparents who have surrendered a child/children to adoption. 4/91

PARENTING: Adoptive/Foster-- Statewide
OPEN DOOR SOCIETY OF MASSACHUSETTS, INC.
PO Box 1158, Westborough MA 01581 1-800-932-3678
A statewide volunteer information, advocacy and support group for adoptive and pre-adoptive families. 16 chapters statewide. 11/91

PARENTING: At Risk-- Statewide
PARENTS ANONYMOUS
140 Clarendon St. Boston MA 02116
TOLL FREE NUMBER IN MASS: 1-800-882-1250
Hotline for parents under stress; referral to self-help groups throughout the state. 3/91

PARENTING: At Risk-- Statewide
PARENTAL STRESS LINE
654 Beacon St. Boston MA 02215
TOLL FREE NUMBER IN MASS: 1-800-632-8188
A program of parent's and children's services providing 24-hour counseling service for parents who are under stress with their children. Callers may remain anonymous. 3/91

PARENTING: Attention Deficit/Hyperactivity-- Statewide
ATTENTION DEFICIT INFORMATION NETWORK
CHILDREN WITH ATTENTION DEFICIT DISORDERS (CH.A.D.A.)
MONTACHUSETT AREA ATTENTION DEFICIT DISORDER SUPPORT GROUP
For information: see DISABILITIES section.

PARENTING: M.A.D.D.-- Statewide
MOTHERS AGAINST DRUNK DRIVING
The mission of M.A.D.D. is to stop drunk driving and to support victims of this violent crime. Provides grassroots leadership to create a major social change in the attitudes and behavior of Americans toward impaired driving: public awareness, victim support, community education. 3/91
Berkshire County PO Box 192 Dalton MA 01226
Donna Kelley (413)-684-3133
Greater Boston 30 High St. Medford MA 02155
Marian Stokes (617)-391-MADD
Plymouth County PO Box 162 Halifax MA 02338 (617)-585-1888
Worcester County 100 Grove St. Worcester MA 01605
Janice M. Smith (508)-831-9785

PARENTING: Networks-- Essex
THE MOTHER CONNECTION, INC.
PO Box 4059 Ballardvale Sta. Andover MA 01810 (508)-470-1500
Goals are to offer information on parenting, resources, support and recreation to parents and children of all ages: newsletter, support groups, toy cooperative, play groups and more 2/92

PARENTING: Networks-- Middlesex
PARENT SUPPORT GROUP, sponsored by the Mental Health Association/CODE
(508) 263-3455.
4 School Street, Acton, MA 01720
This support group is for parents of 9-12 year olds.
Fridays 9:30-11:00 A.M. Free of charge. 8/91

PARENTING: Networks-- Middlesex
WARMLINES, PARENT SUPPORT NETWORK & RESOURCE CENTER
206 Waltham St. W.Newton MA 02165 (617)-244-6843
A parent support network and resource center, specializing in information on child care, parent support groups and issues related to parenting. For parents of young children. 3/91

PARENTING: Networks-- Worcester
HISPANIC YOUTH RESOURCE BUREAU
YOU, Inc. 81 Plantation St. Worcester MA 01604
Ann Toomey-Doane Program Director (508)-755-7660
This program sponsors educational support groups for Hispanic mothers which are developed so as to move toward independent functioning. 3/91

PARENTING: Networks-- Worcester
THE PARENT CONNECTION
700 Grove St. Worcester MA 01605 Ruth Viens (508)-852-5658
A family resource program providing activities, support group and other resources for parents of children birth to age five. 4/91

PARENTING: Networks-- Worcester
THE PARENT CONNECTION
Our Lady of Good Counsel Church 111 Worcester St. W. Boylston MA 01583 Fr. Stanley Krutcik (508)-835-3606
Maryann Schelin 191 Pierce St. W.Boylston MA 01583
(508)-835-3606
To meet the needs of women who have recently become mothers and a program of personal enrichment, stimulating speakers and discussion of important issues. Children's playgroup. 4/91

PARENTING: Networks-- Worcester
THE MOTHER'S CENTER
2 Teconnett Path Worcester MA 01605
Mara Pentlarge (508)-852-4239
To provide a place where mothers can go with their young children and meet other mothers in a comfortable place. Children get to socialize with other children. 4/91

PARENTING: Parents of Adolescents-- Middlesex
PARENTS OF ADOLESCENTS SUPPORT GROUP
Concord Family Service (508)-369-4909
Ongoing group for parents who are experiencing stress with their adolescent children. 6-8 week sessions three times a year. 12/91

PARENTING: Parents of Adolescents-- Statewide
TOUGHLOVE
P.O. Box 1069 Doylstown PA 18901 800-333-1069 (215)-348-7090
A self-help program for parents of unruly teenagers and the professionals who work with them; a network of parents helping each other bring change into the lives of their young people. Call for location of nearest chapter.

Amherst - Meetings held at Grace Episcopal Church in Parish Hall, back of church, Thurs. 7:30 pm. 11/91

PARENTING: Pregnancy & Childbirth-- Middlesex
C/SEC, INC. (Cesareans/Support, Education & Concern)
22 Forest Rd. Framingham MA 01701 Norma Shulman (508)-877-8266
To provide emotional support for cesarean delivery families, to share information and promote education on cesarean childbirth, cesarean prevention and VBAC, and to change attitudes and policies which affect cesarean births. 12/91

PARENTING: Pregnancy & Childbirth-- Greater Boston
COPE - Coping With the Overall Pregnancy/Parenting Experience
(617)-357-5588
Support group for new parents and other family issues. Individuals, couple and family counseling. Work with adults and teens. 11/91

PARENTING: Pregnancy & Childbirth-- Middlesex
FIRST TIME MOTHERS GROUP
CONCORD FAMILY SERVICES (508)-369-4909
To provide support, information and discussion about the new role as mother. Topics include first year growth, development of infants, nutrition, infant stimulation, childcare alternatives. Childcare is provided. 6-8 week sessions, 3 times a year. 12/91

PARENTING: Pregnancy & Childbirth-- Middlesex
MOTHERS OFFERING MOTHERS SUPPORT (MOMS)
Emerson Hospital, Social Services Dept. (508)-369-1400 ext. 434
Offers mothers a chance to meet with a volunteer on an individual basis, offering support around the new experiences with the baby & information on resources and services in the community. 11/91

PARENTING: Pregnancy & Childbirth-- Statewide
LA LECHE LEAGUE OF MASSACHUSETTS
Statewide Information Number: (617)-469-9423
Spanish speaking: (508)-263-0949
Western Mass.: (413)-735-1733
Phone Statewide Information Number for contact person in chapter nearest to you. 11/91

PARENTING: Pregnancy & Childbirth-- Statewide
MASSACHUSETTS FRIENDS OF MIDWIVES
PO Box 3188 Boston MA 02130
Lillian Anderson, President (508)-369-1468
To safeguard every woman's right to give birth how, where and with whom she chooses. To assist midwives in attaining status of a recognized, self-regulating profession. To improve access to high quality maternity care for all. Publishes a birthing resources directory. 3/91

PARENTING: Pregnancy & Childbirth-- Suffolk
BOSTON ASSOC. FOR CHILDBIRTH EDUCATION/NURSING MOTHERS' COUNCIL
Newtonville MA 02160
Carole Kavanagh (617)-244-5102 69 Court St. Newton MA 02160
Donna Hudson-Bryant (617)-331-4414 62 Elva Rd. Weymouth, MA 02191
Provides info. on family-centered childbirth & childbirth preparation classes. Free breast-feeding counseling and support. 3/91

PARENTING: Single Parents-- Hampshire
CENTER FOR RESTRUCTURING FAMILY RELATIONSHIPS
37 S. Pleasant St. Amherst MA 0[002
Eva M. Brown, Ph.D. (413)-253-2153
Hotline: 2 hours/week: Monday: 9:15-10:00 P.M. and Thursday: 8:30-9:30 A.M.
Provides custody mediation, single parent support groups and divorce therapy.
Fee: $1.00 3/91

PARENTING: Single Parents-- Statewide, Nationwide
PARENTS WITHOUT PARTNERS, INC.
8807 Colesville Rd. Silver Spring, MD 20910
National Information line: (301)-588-9354 or (800)-637-7974
Created in 1957 to meet the special needs of single parents (widowed, divorced, separated or never married), who strive to become independent adults, sharing work, fun and achievement with their children. 3/91

PARENTING: Special Needs-- Western Mass.
FEDERATION FOR CHILDREN WITH SPECIAL NEEDS
PO Box 992 Westfield MA 01086 Deborah Crane (413)-562-3691
To train parents in special education laws and prepare them to advocate for their own children with special needs. Special project serving Vietnam veterans and their families. Advocacy, information and referral. 3/91

PARENTING: Special Needs-- Dukes
MARTHA'S VINEYARD SPECIAL PARENTS ASSOCIATION, INC.
PO Box 2751 Vineyard Haven MA 02568
Sally Hamilton (508)-693-4977
Support, advocacy and outreach for parents of children and adults with developmental disabilities. 3/92

PARENTING: Special Needs-- Essex
PEABODY PARENTS OF CHILDREN WITH SPECIAL NEEDS
4 Scribner Rd. Peabody MA 01960 Valerie Barnes (508)-535-6585
Support network meets monthly, has monthly newsletter to members, does referrals and informal education for families with special needs children. 11/91

PARENTING: Special Needs--
PARENTS OF CHILDREN WITH DOWNS SYNDROME
PARENTS OF CHILDREN WITH SEIZURE DISORDERS
c/o North Shore ARC 184 Lafayette St. Salem MA 01970
Judy Boufford (508)-745-7767
Support group designed to provide education and mutual support to parents of children with Downs Syndrome/Seizure Disorders. 11/91

PARENTING: Special Needs-- Essex
THE CAPE ANN EARLY INTERVENTION PROGRAM
Mimi Nelson Oliver, Director (508)-921-1182
111 Dodge St., Beverly, MA 01915
The program services children who are at risk for developmental delay, birth to 3 years, and their families. 4/91

PARENTING: Special Needs-- Hampden
ASHS FAMILY ENHANCEMENT PROGRAM
138 East Mountain Rd. Westfield MA 01085
Bob Laptew, Program Coordinator (413)-562-5678
Provides support to families who may or may not have a disabled member. Program components include: 1.) Weekly parent support groups with free childcare 2.) Family support weekend retreats 3.) Advocacy and referral assistance. 3/91

PARENTING: Special Needs-- Hampshire
PARENTS SUPPORTING PARENTS GROUP
23 Carolyn St. Florence MA 01060
Call REACH Program (413)-774-3788 or (413)-585-1400
A group for parents with special needs children, providing information and support through one-to-one parent matching, twice-monthly group discussions and monthly seminars. If your child has special needs, then so do you. 12/91

PARENTING: Special Needs-- Middlesex
SUPPORT GROUP FOR PARENTS OF CHILDREN WITH ARTHRITIS
5 Redwood St., Townsend, MA 01469 Judy Stebulis (508)-597-5280
Mass Chapter Arthritis Foundation (617)-244-1800
29 Crafts St. Newton MA 02160
Support for people with arthritis and other rheumatic diseases, their families and friends. Focus is educational and social. 4/91

PARENTING: Special Needs-- Middlesex
GREATER ACTON PARENTS SUPPORT GROUP--TOUGHLOVE
(508)-263-0234 and 263-1645 Katherine Wright
A self-help support group for parents troubled by their children's behavior. Meets weekly. 4/91

PARENTING: Special Needs-- Norfolk, Newton, Granby
PARENT TO PARENT
March of Dimes Birth Defect Foundation 865 Providence Highway Dedham MA 02026
Greg Garvan (617)-329-1360
Support group for parents of children who have birth defects.
Post Polio support group referrals. Fetal Alcohol Syndrome parent support group--monthly meetings in Newton and Granby. 4/91

PARENTING: Special Needs-- Statewide
MASS. PARENTS ASSOCIATION FOR THE DEAF AND HARD OF HEARING
PO Box 303 Boston MA 02101-0303
Kathy Branagan, Admin.Asst. (617)-625-9815
People helping people: experienced parents talking to parents of recently diagnosed hearing impaired children. Also publishing resource directory, quarterly newsletter, holding meetings and information fair every other year. 4/91

PARENTING: Special Needs-- Statewide
FEDERATION FOR CHILDREN WITH SPECIAL NEEDS
95 Berkeley St. Suite 104 Boston MA 02116 (617)-482-2915
Provides training to parents and professionals in special education laws, parent consultant training, CAPP training and information services which promotes partnerships with health professionals, information and referral, access to a resource library and technical assistance to other parent centers nationwide. 4/91

PARENTING: Special Needs-- Worcester
BLACKSTONE VALLEY ASSOCIATION FOR RETARDED CITIZENS
8 S.Richard St. Milford MA 01757 Joann Carrigan (508)-473-6983
Parents meet monthly to provide support and information to members with special needs children or MR adults. 3/92

PARENTING: Special Needs-- Worcester
HEALTH AND EDUCATION LEAD PARENTS TO SUPPORT (HELPS)
Kathleen S. Van Wert (508)-355-4612 238 North Brookfield Rd. Barre MA 01005
Rosemary Hill (508)-928-4868 PO Box 161 Hubbardston MA 01452
Emotional support for parents of children with special medical, physical and emotional problems. 3/91

PARENTING: Special Needs-- Worcester
LOOKING INTO NEEDS OF KIDS PARENTS GROUP (L.I.N.K.)
Montachusett Area Attention Deficit at St. Boniface Catholic Church, 817 Mass. Ave., Lunenburg MA Rt. 2A (508)-345-6954
Call Marilyn Leger, 59 Pershing St., Fitchburg MA 01420
Provides information, lectures, support to people, parents educations and friends of children and adolescents dealing with Attention Deficit Hyperactivity Disorder. 4/91

PARENTING: Special Needs-- Worcester
PARENT SHARING
c/o Fran Passler 10 Linda St. Westboro MA 01581
Irene Mossman 363 Hudson St. Northboro MA 01532 (508)-393-2971
To provide resources & support to parents of handicapped and/or retarded on a one-to-one basis. Operated by volunteers. 4/91

PARENTING: Stepfamilies-- Statewide
STEPFAMILY ASSOCIATION OF AMERICA
215 Centennial Mall, South, Suite 212, Lincoln NEB 68508
(402)-477-STEP
Local chapter of a nonprofit educational organization that acts as a support network and national advocate for stepparents, remarried parents and their children. Also for people who are considering stepfamily relationships. 3/91
Bruce McKay, Regional Representative for locations throughout New England (203)-928-7191
61 Wrights Crossing Rd., Pomfret Ctr., Ct. 06259

Continued on next page

Central Mass Stepfamilies Glenn Smith (508)-798-2313
967 Pleasant St., Worcester MA 01602
Meets 7:00 p.m. 1st Monday of each month at Unitarian-Universalist Church, 90 Holden St., Worcester

Step Together Nancy & Dan Kotowitz (413)-568-6424
66 Zephyr Dr., Westfield MA 01085
Meets 1st Tuesday each month at Western Mass. Hospital, Westfield MA

Berkshire Stepfamilies
Rebecca Tillinghast/Tony Blair (413)-528-0747
PO Box 267 S. Egremont MA 01258
Meets 7:30-9:30 1st Thursday each month at St. James Episcopal Church, Gr. Barrington MA

North Shore Stepfamilies Carolyn Corzine (617)-631-5840
30 May St. Marblehead MA 01945
Meets 7:30 p.m. 2nd Thursday of each month at St. Andrews Church, Marblehead MA Rt. 114

Boston Stepfamilies Iris Kingbury (617)-444-3757 (508)-359-6018
26 Eliot Rd. Needham MA 02194
Meets 7:30 p.m. 1st Wednesday of each month at 1st Parish Church, Unitarian, Dedham St., Needham

Stepfamily Group Richard & Arlyn Halpern (508)-520-3403
404 Beverly Rd., Franklin MA 02038

Stepfamily Group George & Elaine Mount (413)-665-2684
Lee Rd. S. Deerfield MA 01374

PARENTING: Twins-- Statewide
MASSACHUSETTS MOTHERS OF TWINS
17 Prince Path, Sandwich MA 02563
Ellen Russell, Vice-President (508)-888-6456
An organization for the exchange of ideas, experiences and advice on care and feeding of multiple birth children. 21 chapters throughout the state, monthly meetings. Phone above number for nearest contact. 3/91

PARENTING: Other-- Middlesex
THE SOCIETY FOR YOUNG VICTIMS
1-800-999-9024
A national missing children's organization, founded in Rhode Island in 1975 to locate missing children of any age and classification; public education; parent support groups; neighborhood "Safe House" program.
Vanished Children's Alliance (1-800-826-4743) 3/92

PARENTING: Other-- Norfolk, Middlesex
CHILDREN IN HOSPITALS, INC.
31 Wilshire Park Needham MA 02192
Barbara Popper (617)-482-2915 or Leslie Rosenblatt
(508)-655-6369 18 Rathbun Rd. Natick MA 01760
Seeks to support and educate parents who are strongly motivated to keep in close touch with their children during a hospital experience. 3/91

PARENTING: Other-- Statewide

GRANDPARENTS AS PARENTS (GAP)

National Headquarters: Sylve de Toledo, Psychiatric Clinic for You, 2801 Atlantic Ave., Long Beach CA 90801 (213)-595-3151

For grandparents who have primary parental responsibility for their grandchildren. Offers emotional support and assistance. Local groups in MA are: 7/92

Lowell: - Richard & Blanche Obdens, 53 Lisa Lane, Lowell MA 01854 (508)-454-6303 Meets 2nd Sunday of the month at 2:00 p.m. at St. Joseph's Residence, 975 Varnum Avenue, Lowell.

Northampton: - Mary Plumb, 721 Meadowbrook Apartments, Florence MA 01060 (413)-584-7827

Pembroke: - Judy Kingston, 5 Greenwood Ave., Pembroke MA 02359 (617)-293-5065

Quincy: - Peggy Plant, 324 Farrington St., Quincy MA 02170 (617)-471-0036

Sherborn: - Deborah Dudman, PO Box 346, Sherborn MA 01770 (508)-653-2984

Springfield: - Gloria Moran, 150 Eddy St., Springfield MA 01104 (413)-739-2548

SENIORS

SENIORS: Barnstable
FRIENDS OF SANDWICH SENIORS, INC.
270 Quaker Meeting House Rd., Human Service Building,
Sandwich MA 02537
Council on Aging (508)-888-4737
A corporation founded to help local senior citizens. 1/92

SENIORS: Hampshire
GRAY PANTHERS
PO Box 771 Amherst MA 01004 (413)-256-0909
Works to empower the old, the young and everyone in between on ageism, housing and health care through consciousness-raising, education, petition drives, lawsuits, congressional testimony and media monitoring. 2/92

SENIORS: Middlesex
GRAY PANTHERS
11 Garden St. Cambridge MA 02138 Gerald Bergman (617)-497-5767
Works to empower the old, the young and everyone in between to take action against ageism through consciousness-raising, education, petition drives, lawsuits, congressional testimony and media monitoring. 2/92

SENIORS: Statewide
AMERICAN ASSOCIATION OF RETIRED PERSONS (AARP)
31 St. James Ave., Park Square Bldg., Boston MA 02116
(617)-426-1185
71 chapters located throughout the state. Call state office for nearest contact person.11/91

SEPARATION/DIVORCE

SEPARATION/DIVORCE: Middlesex
STARTING OVER
Mental Health Assoc./CODE 4 School St., Acton MA 01720 (508)-263-3455
Community Agencies Bldg., Emerson Hospital, Concord MA 01742 (508)-369-7715
Meets Thurs. 10:00 a.m. - 11:30 a.m.
South Acton Congregational Church, 35 School St., Acton MA 01720
(508)-369-7715 Meets Thurs. 7:30 - 9:00 p.m.
An ongoing, free, confidential, non-judgmental support group for men and women experiencing the termination of a significant relationship. This group is a program of the Mental Health Association of Central Middlesex, a non-profit community supported organization. 5/92

SEPARATION/DIVORCE: Barnstable, Bristol
SEPARATED AND DIVORCED SUPPORT GROUPS
Office of Family Ministry, Diocese of Fall River 500 Slocum Rd. No. Dartmouth MA 02747
Jerry & Scottie Foley (508)-999-6420
Mutual support for divorced, separated, or widowed. 8/91

SEPARATION/DIVORCE: Hampden
SEPARATED AND DIVORCED SUPPORT GROUPS
Office of Pastoral Ministry, Diocese of Springfield
625 Carew St. Springfield MA 01104
Geraldine M. Morgano (413)-732-3175 ext. 259
Support groups for those who have experienced the death of a marital relationship through separation or divorce. Contact the Office of Pastoral Ministry for list of groups. 4/91

SEPARATION/DIVORCE: Eastern, Western Mass.
CONCERNED FATHERS
PO Box 2768 Springfield MA 01101 George Kelly (413)-736-7432
Boston (617)-455-8810
To help in the positive restructuring of families after separation and divorce. Emphasis on the rights of children to know and love both parents. Education of professional and private sectors. Support group for parents. 2/92

SEPARATION/DIVORCE: Out of State
EX-POSE: Ex-Partners of Servicemen (Women) for Equality
PO Box 11191 Alexandria VA 22312
(703)-941-5844 or (703)-255-2917
Volunteer organization dedicated to achieving equity for ex-wives of servicemen. EX-POSE has members in Massachusetts, but no chapters at this time. Info. available re: military divorces. 8/91

SEPARATION/DIVORCE: Suffolk
SEPARATED/DIVORCED CATHOLIC SUPPORT GROUPS
Family Life Office, Archdiocese of Boston 2121 Commonwealth Ave.
Brighton MA 02135 Claire DeMeo, Coordinator (617)-783-2451
Groups provide an atmosphere of understanding, compassion and support to those who are moving through separation and/or divorce. Contact Family Life Office for complete list of groups meeting in the archdiocese. 3/91

SEPARATION/DIVORCE: Worcester
MINISTRY TO SEPARATED AND DIVORCED CATHOLICS
Office of Family Life Ministry
49 Elm St. Worcester MA 01609 (508)-791-7171
Support groups throughout Diocese of Worcester for those who are experiencing or who have experienced the end of a marital relationship through separation or divorce. Contact Family Life Office for list of groups. 3/91

SEXUALITY

SEXUALITY: Statewide
THE INTERNATIONAL FOUNDATION FOR GENDER EDUCATION (IFGE)
PO Box 367 Wayland MA 01778 or 6 Cushing St. 2nd Floor, Waltham MA 02154
(617)-894-8340 or (617)-899-2212
Rap groups and healing circles for male and female cross-dressers and transsexuals, groups for wives, parents, gender conflicted people with substance abuse problems, etc. Leadership, education, referrals. Maintains a list of over 200 support organizations and services world-wide. 12/91

SEXUALITY: Essex
NORTH SHORE GAY AND LESBIAN ALLIANCE (NSGLA)
PO Box 806 Marblehead MA 01945 (508)-745-3848 (Infoline)
Was created to offer opportunities for self-awareness and education, social and community action and the protection of our civil rights. Founded in 1978. 4/91

SEXUALITY: Hampden
WESTERN MASS. P-FLAG
(Parents-Friends of Lesbians & Gays)
Marjorie Morgan (413)-732-0677 (answering service)
915 Sumner Ave. Springfield MA 01118
Gladys (413)-786-5079 after 6 (parent contact)
Provides an opportunity for parents and friends of gay and lesbian children to gather for information and support. Meets monthly. Call for more information. 7/89

SEXUALITY: Hampshire, Franklin, Berkshire
P-FLAG/PIONEER VALLEY
PO Box 55, So. Hadley MA 01075-0555
Call (413)-532-4883 for more information
P-Flag/Pioneer Valley is a chapter of the P-Flag Federation. Support, education and outreach is offered to parents, spouses, siblings, children, sexual minorities, friends and allies at meetings held on the 2nd Tuesday of each month at Grace Episcopal Church Parish Hall, Amherst, MA at 7:30 p.m. 12/91

SEXUALITY: Hampshire
KALEIDOSCOPE
Box 1123, Greenfield MA 01302 For information call:
Carrie (413)-525-2188 Warren (413)-586-4277 Dave (413)-773-3092
A group of older lesbians, gays, bisexuals and friends in Western Mass. Purposes: get to know one another, share support, engage in activities that will help us feel welcomed in the communities where we live. Meets 1st Monday of month (2nd if 1st is a holiday) 6:30-9:00 p.m., Bangs Community Ctr., Amherst. 4/91

SEXUALITY: Suffolk
DIGNITY/BOSTON
95 Berkeley St., Suite 616 Boston MA 02116-6203
(617)-423-9558
Dignity, Inc. International Office (202)-861-0017
1500 Massachusetts Ave., NW Suite 11 Washington DC 20005
Dignity is organized to unite all gay and lesbian Catholics, to develop leadership and to be an instrument through which the gay and lesbian Catholic may be heard by the Church & Society. 4/91

UNEMPLOYED WORKERS

UNEMPLOYED WORKERS: Western Mass.
DONOHUE INSTITUTE FOR GOVERNMENTAL SERVICES
University of Mass., 220 Middlesex House, Amherst MA 01003
(413)-545-0001
Offers services to dislocated or laid off workers: Adult education, job exploration, job search skills, job counseling, entrepreneurial training, job training, survival skills.

UNEMPLOYED WORKERS: Eastern Mass.
LANE & LAWRENCE, INC.
581 Boylston St., Suite 602, Boston MA 02116 (617)-262-5673
Employment agency specializing in the placement of people with disabilities.

JOB SEARCH GROUPS: Eastern MA, Worcester

Acton-Boxboro-Stow CLERGY ASSN.
(site rotation) Usually meets on 1st Saturday of month in A.M. Contact Peter Ferguson (508)-263-6555

So. Acton UNEMPLOYMENT WORK SUPPORT GROUP
So. Acton Congressional Church, 35 School St. Meets Wednesday @ 9:30 a.m. Contact Terrie Block (508)-263-3455

Andover W.I.N.D.
Franciscan Center, Fiske & River Rds. Meets Wednesday @ 10:00 a.m. Contact Lee Kirkland (508)-475-2742 PROFESSIONALS

Beverly Farms CAREER MANAGEMENT & JOB SEARCH ACTION GROUP
St. John's Episcopal Church, Hale St. . Meets alternate Mondays @ 7:30 p.m., Contact Diane Neal Emmons
(508)-526-1271 or (508)-526-4117 MOSTLY WOMEN PROFESSIONALS, SOME MEN.

Boston D.E.T. PROFESSIONAL EMPLOYMENT NETWORK
19 Staniford St., (call for times) Contact Mimi Aarens (617)-727-3863

Boston THE NATIONAL WRITERS UNION
Meetings and job hotline for members.
Contact (617)-492-0240

Boston THE JOB CLUB
Boston Opportunity Job Center Rm. 6B, Hurley Bldg., Government Center. Meets Tuesday @ 2:30-4:30 p.m. Contact (617)-727-3863

Boston UNEMPLOYED ARCHITECTS SUPPORT GROUP (BSA)
Architects Bldg., 52 Broad St. Meets 4th Mondays @ 3 p.m. Contact (617)-951-1433 ext. 221

Burlington JOB SEEKERS
Presbyterian Church, 335 Cambridge St. (Rt. 3A) Meets Tuesday @ 9:30 a.m. Contact Rod MacDonald (508)-272-9190

Cambridge FREELANCERS OVER FIFTY
501 Cambridge St. Meets Tuesday 9:30 a.m. & Thursday 6-8 p.m. Contact Fran Chaiken (617)-354-4102 MATURE PROFESSIONALS

Cambridge SELF-FOCUS
501 Cambridge St. Meets Wednesday @ 6 p.m. Contact Allyn Bradford (617)-354-7913
Cambridge & Boston SUPPORT/ACTION GROUP JOB SEEKERS
Meets weekday evenings. Contact Will Sahein (617)-863-8448
Cohasset SUPPORT GROUPS FOR THE SPOUSES OF UNEMPLOYED
Meets Fridays @ 9:30 a.m. Child care available. Contact Patricia Carleton (617)-383-0771
Danvers WORKERS IN TRANSITION
Holy Trinity Methodist Church, 16 Sylvan St. Meets Tuesday @ 6:30 p.m. Contact Bob Hannum (508)-777-7409
Duxbury HOLY FAMILY CHURCH
Rt. 3A Meets Wednesday @ 7:30 p.m. Contact Paul Sanders (617)-834-4211
Framingham FAMILY COUNSELING & GUIDANCE CENTER
350 Worcester Rd. Meets Mondays @ 7:30 p.m. Contact Frank Kelly (508)-875-0648
Framingham EMPOWER, INC.
Danforth Museum. Meets Wednesday @ 1:30
Contact David Loewy (508)-433-0280
Foxboro W.I.N.D. SOUTH
First Baptist Church, Chestnut & Mechanic Streets. Meets Thursday @ 10 a.m. Contact Lee Kirkland (508)-475-2742
PROFESSIONALS
Foxboro TRANSITION/UNEMPLOYMENT SUPPORT GROUP
St. Mark's Episcopal Church, South St. Meets Wednesday @ 3 p.m. to 5 p.m. Contact Corinne Zinni (508)-543-2517
Franklin POWERNET FRANKLIN
Town Hall, Emmons St. Meets Wednesday 9 to 10:30 a.m. Contact Bruce Weston (508)-528-5295
Hanover OPPORTUNITY JOB CENTER
291 Rockland St. Contact Dennis Villaire (617)-826-8376
Hingham PARISH HALL, OLD SHIP'S CHURCH
107 Main St. Meets alternate Tuesdays @ 7 p.m. Contact James Della Volpe (617)-749-3445
Holden ST. FRANCIS EPISCOPAL CHURCH
Meets Tuesday @ 8:30 to 10 a.m. Contact Sam Davenport (508)-795-5000
Leomonster NETSHOP
United Methodist Church, Merriam & Hall Streets. Meets Tuesdays @ 9:30 a.m. Contact Anita Codurn (508)-534-6629 PROFESSIONALS
Lexington CAREER TRANSITIONS
Grace Chapel, 59 Worthen Rd. Meets Tuesday @ 7:30 p.m. Contact Don Job (617)-862-5008 RELIGIOUS
Lexington ST. BRIGID'S CHURCH
(near from Lexington Green) 1997 Mass. Ave. in Kennedy School next to Parish Church. Meets Alternate Wednesday @ 7:30 p.m. Contact Bob Ludwig (617)-861-7231

Londonberry, N.H. CAREER NETWORKING GROUP
Matthew Thorton Elem. School. Meets alternate Thursdays @ 7:30-10 p.m. Contact Jerry O'Neill (603)-434-5916

Lowell EMPOWER,INC.
University of Lowell campus. Meets Mondays 1:30 p.m. Contact David Loewy (508)-433-0280

Lynn OPPORTUNITY JOB CENTER
52-62 Market St. Contact Paula Stiles @ (617)-593-5504

Manchester, N.H. ST. JOSEPH'S NETWORK
Meets Tuesday @ 9 A.M. to 5 P.M. Contact Ralph Stevens (603)-424-3550

Medway MEDWAY CAREER SEARCH GROUP
9 Oakland St. Meets Mondays @ 7 p.m. Contact Bob Richard (5 08)-533-7789 PROFESSIONALS

Milford POWERNET
United Methodist Church, 39 Exchange Street. Meets Tuesdays @ 10 a.m. Contact John Lemon (508)-473-1349 Professionals

Natick UNITED PARISH OF NATICK
39 East Central St. Meets Tuesday @ 9 a.m. Contact Dee Clark (508)-655-0248

Needham EMPOWER, INC.
St. Joseph's Church. Meets Tuesdays 1:30 p.m. Contact David Leowy (508)-433-0280

Needham METRO SOUTH/WEST CAREER CENTER
1155 Central Ave. free outplacement co-sponsored by Mass. D.E.T. Contact Ellen Story (617)-455-9855

Newton NEWTON JOB SEEKERS
Boston College Law School, Newton Campus 885 Center St. Meets alternate Thursdays @ 7:30 p.m. Contact Sherri Oken (617)-325-8580 PROFESSIONALS

Newton THE SEEKERS
The Center for the Ministry of the Laity, Andover Newton Theological School, 210 Herrick Rd. For details and dates, contact Marnette Saz (617)-964-1100 X 246 RELIGIOUS

Newton THE ORGANIZATION OF PROFESSIONALS
188 Needham St. Meets Wednesday @ 9:30-11:30 a.m. Contact Don Cimon (617)-444-5315 or David Foss (617)-244-6582 COMPUTER PROFESSIONALS

Newton ADVOCACY CENTER FOR OLDER WOMEN WORKERS
474 Centre St. Drop-in sessions Tuesday @ 10 a.m. Contact Libby Fennel (617)-244-3304

Norwell JOB SEEKERS SUPPORT GROUP
United Church of Jesus Christ, 460 Main St. (Rt.123) Meets Thursdays @ 7:30 p.m. Contact Peter Berg (617)-659-1323

Norwood LAYOFFS, LOSS AND LEARNING
Methodist Church, Chapel St. Meets Tuesday @ 7 p.m. Contact Dan Meagher (617)-329-8981, X 7632

Plymouth OPPORTUNITY JOB CENTER
40 Industrial Park Rd. Contact Dennis Villaire
(508)-746-5910

Scituate I CAN, INTERFAITH CAREER ADVISORY NETWORK
First Trinitarian Congregational Church, 381 Country Way. Meets Mondays @ 7:30 p.m. Contact Bob Gowdy (617)-545-3668 or John Dulka (617)-545-6336 MOSTLY PROFESSIONALS

Sharon TEMPLE ISRAEL
125 Pond St. Wednesday @ 9 a.m. Contact Florence Einis (617)-784-3993 or Bernie Delmon (617)-784-2657

Sudbury JOB SEARCH GROUP
@ various churches in area. Meets 1st Monday of month @ 7:30 p.m. Contact John Devine (508)-443-6186 or Marilyn Tromer (508)-443-0120 MOSTLY HIGH-TECH

Swamscott ST. JOHN'S CHURCH, COLEMAN HALL
Humphrey St. Meets Wednesday @ 7:30 p.m. Contact John Gormley (617)-439-5580

Topsfield REEMPLOYMENT SUPPORT GROUP
Congressional Church, Main Street. Meets Thursdays @ 7 p.m. Contact Bruce Hudson (508)-887-5897 or (508)-887-2832

Wellesley PROFESSIONAL NETWORKING CONNECTION
St. James the Great Church, Meets Thursday @ 10 a.m. Contact Harry DemSmett (617)-237-4846

Wellesley RICE HOUSE UNITARIAN SOCIETY
309 Washington St. Meets Monday @ 7:30 p.m. Contact (617)-253-5437

Westboro WESTBORO CAREER ASSISTANCE NETWORK
First United Methodist Church, 120 West Main St. Meets Monday @ 8:30 a.m. & 7 p.m. Contact Carolyn Dee (508)-839-6177 or Marcy Fawcett (508)-839-7693

Westboro CONGREGATION B'NAI SHALMON
117 East Main St. Meets every other Sunday @ 8 p.m. Contact Karen Weiner (508)-393-7784

Woburn OPPORTUNITY JOB CENTER
10 Park St. Contact Art Berg (617)-935-4654

Worcester OPPORTUNITY JOB CENTER
49 Myrtle St. Contact Doug White (508)-791-5881

Worcester WESLEY UNITED METHODIST
114 Main St. Meets Thursdays @ 9:15 a.m. Contact Stan England (508)-852-2533 or Rev. Steve Alspach (508)-799-4191 SKILLED TRADE & PROFESSIONALS

WOMEN

WOMEN: Hampshire
EVERYWOMAN'S CENTER
Wilder Hall, Univ. of Mass. Amherst MA 01003
Resource/Referral Program (413)-545-0883
Regularly offers support groups for incest and rape survivors. The Resource/Referral Program offers an extensive listing of support and self-help groups in the community on various topics, including: adolescent support, battered women, eating disorders, bereavement, health, parenting, substance abuse, lesbian/bisexual issues, divorce/separation, older women, survivors of incest anonymous meetings, post abortion, and general women's support groups. 7/91

WOMEN: Middlesex
WOMEN'S CENTER
46 Pleasant St. Cambridge MA 02139 (617)-354-8807
A resource for many support groups for women and information on support groups outside of the Women's Center.
Drop in or call: 10-10 Monday - Thursday
10-8 Friday
11-2 Saturday
Weekly open support groups for: Battered Women, Women's NA 12 step, Sexual Harassment at work, Women for Sobriety, Writers Support Group, Lesbian Al-Anon, Incest Survivors, lesbian rap, bisexual women's rap.
Non-weekly groups for: Birthmothers, Battered Women, Cancer, Post-Abortion Support Group, Writing and much more. 8/91

WOMEN: Statewide
BAY STATE CENTERS FOR DISPLACED HOMEMAKERS
c/o Bay State Skills Corp. 101 Summer St. Boston MA 02110
Donna M. LeClair, State Director (617)-292-5100
To assist widowed, divorced, separated and coming off of public assistance individuals in finding economic self-sufficiency. Offers support groups, career counseling, assessment, training and referrals to jobs and education programs. Ten offices across the state. 11/91

WOMEN: Statewide
NATIONAL ORGANIZATION FOR WOMEN (N.O.W.)
Mass. Chapter 971 Commonwealth Ave. Boston MA 02215
(617)-782-1056
Call state office for contact number of nearest chapter (15 in Massachusetts).
NOW is a multi-issue political action organization dedicated to fighting for justice and equality for ALL women. 4/91

MISCELLANEOUS

CULTS:-- Western MA
CULT BUSTERS
Meets Monday, 7:00 p.m. in Northampton area homes. For Ex-cultees, families, survivors, counseling, outreach, resources. Joel Stanley, Box 836, Northampton MA 01061 (413)-539-8781

6/91

DEBT:-- Statewide
DEBTORS ANONYMOUS
New England D.A. Intergroup PO Box 412 Cambridge MA 02139
(617)-642-1913
Women's Center, 198 Broadway, NY, NY (212)-964-8934
A fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from compulsive debt. Provides group support to help members set budgets & develop saving habits. Send a self-addressed, stamped envelope, plus $1.00 for a list of meeting times and places in Massachusetts. Meetings are presently held in: Belmont, Boston, Brookline, Cambridge, Concord, Reading, Salem, Westfield, West Springfield.

3/91

LIFESTYLE ACCEPTANCE: -- New England
NATIONAL ASSOCIATION TO ADVANCE FAT ACCEPTANCE (NAAFA)
New England Chapter: Jeanne Toombs, President NEC-NAAFA Box 179
Boston, MA 02101-0179 (617)-937-7033
National Headquarters: NAAFA, Inc. PO Box 188620, Sacramento CA 95818 (916)-443-0303
A non-profit human rights organization dedicated to improving the quality of life for fat people. NAAFA is not a diet group, but seeks alternative ways to enrich the lives of its members through public education, research, advocacy and member support. Offers educational and support activities, a national convention, regional gatherings, and publishes various informational materials and a monthly newsletter. 4/91

MEN:-- Western MA
NO NAME MENS GROUP
Joel Stanley, Box 836 Northampton MA 01061 (413)-539-8781
Self directing, leaderless, formless, vibrant group serving hippies to homeless to Donald Trumps from Warwick to Westfield! Meets in the park or parlor, Unitarian Society, Main St., Northampton MA. Meets 1st & 3rd Tuesday, 7:00 p.m. 6/91

MESSIES ANONYMOUS:-- Eastern MA
5051 S.W. 114th Ave., Miami FL 33615 (305)-271-8401
Contact: Helen (508)-896-3380 or
Elizabeth (summer only) (508)-627-5869
No group meetings at the present time, but telephone contacts are made. 5/92

POETS:-- Western MA
POETS RAP SESSION
Joel Stanley, Box 836 Northampton MA 01061 (413)-539-8781
Tired talent, too much perspiration, lack of inspiration? Get infused, enthused at weekly drop-in plush therapists office, prestige address: 160 Main St., Suite 3, Northampton. "If you don't publish, you won't perish." "If it's Tuesday, it's tea 'n' Tennyson." Meets Tuesday 3-5 p.m. 6/91

RELIGIOUS ISSUES:-- Middlesex
HUMANIST FRIENDSHIP GROUP OF NEW ENGLAND
c/o Bruce Nappi Box 63 Reading MA 01867 (617)-944-7220
Provides a social support group for people without religious beliefs. The group welcomes atheists, agnostics, humanists, ethical culturists and those from Eastern "Religions" who do not believe in supernatural beings. 3/91

HOSPITAL MUTUAL HELP GROUPS

ANNA JAQUES HOSPITAL 1/90
Social Service Department
25 Highland Ave.
Newburyport, MA 01950
(508)-465-1169

LIVING WITH CANCER

Support group for patients and/or families (free). The group meets the 2nd & 4th Monday of the month (except Holidays) 6:30-7:30 p.m. in the Higgins Conference Room.

ATHOL MEMORIAL HOSPITAL 7/91
Medical Social Service Department
2033 Main St.
Athol MA 01331
(508)-249-3511 Ext. 209

ALZHEIMER'S/CAREGIVERS SUPPORT GROUP

Jo Ellen B. Janowitz, LICSW
Meets third Wednesday of each month 4:00-6:00 p.m. in Hospital Conference Room.

CANCER SUPPORT GROUP

Jo Ellen Janowitz, LICSW
Meets last Monday of each month 7:00-9:00 p.m. in Hospital Conference Room.

BEREAVEMENT SUPPORT GROUP

Suzanne M. Saven, LICSW
Meets last Wednesday of each month 7:00-8:30 p.m. in Hospital Conference Room.

DIABETES SUPPORT GROUP

An opportunity to obtain information and share experiences.
Group meets 7:00-8:00 pm, third Tuesday of every month.

BETTER BREATHERS CLUB

For adults with breathing problems and lung ailments such as emphysema, chronic bronchitis and asthma. Group meets first Wednesday of every month at 3:00 p.m. April-November.
Contact Allen Young, (508)249-3511, ext. 143.

COMMUNITY WORKSHOP FOR WEIGHT CONTROL

For people who are concerned about their weight. Open to all - men, women, children. Meets at Community Health Service, 423 Main St., Athol on Monday evenings, 5:30-7:30. (Weigh-in, 5:30-7:00, educational program 7:00-7:30.
Weekly fee is $1.50 for weigh-in - all funds distributed to those who lose the most weight each week.

BREAST CLINIC

Clinic features low-cost ($50) low-radiation mammograms plus instruction in self-examination. Last Wednesday of every month, 1:00-8:00 pm. Conducted by female staff, including chief of radiology Shameem Menon, M.D. Walk-in or call for reservation (249-3511, ext. 135 or 180) 3/90

BARNSTABLE COUNTY HOSPITAL 6/92
870 County Rd.
Pocasset, MA 02559

STROKE CLUB

Stroke victims are encouraged to bring their spouse or caregiver. Meets the last Thursday of every month in the cafeteria. For more information contact Susan Fitzpatrick or Luann Travis at (508) 563-5941, ext. 259.

BAYSTATE MEDICAL CENTER 1/91
759 Chestnut St.
Springfield MA 01199

BETTER BREATHER SUPPORT GROUP

Marie Lemoine (413)-784-4442

Offers monthly meetings, provides support and education on chronic obstructive pulmonary disease such as emphysema, chronic bronchitis and asthma. The group plan outings together.

TRACHEOSTOMY SUPPORT GROUP

Marie Lemoine (413)-784-4442

Offers monthly meetings, provides support and education to patients and families with artificial airways.

BRAINTREE HOSPITAL
250 Pond Street
Braintree, MA 02184

AMPUTEE SUPPORT GROUP

Free for amputees and family members. Meetings held the 1st Saturday of each month at 10:00 a.m. For more information contact Esta Jacobs, Education Dept., at 617-848-5353, ext. 2113.

STROKE CLUB

Free for stroke patients and family members. Meets the 3rd Saturday of each month at 10:00 a.m. For more information contact Esta Jacobs, Education Dept. at 617-848-5353, ext. 2113.

MASS. HEAD INJURY SUPPORT GROUP

Free for head injured patients and family members. Meets the 1st Monday of each month at 7:00 p.m. For more information contact Frau Egan at 617-848-5353, ext. 2248.

BURBANK HOSPITAL 7/91
Gerontology Services
275 Nichols Road
Fitchburg MA 01420-8209

ALZHEIMER'S DISEASE SUPPORT GROUP

Priscilla Remal (508)-343-5000
Support group for families and caretakers of Alzheimer's victims.

CARDINAL CUSHING GENERAL HOSPITAL 7/91
235 North Pearl Street
Brockton MA 02401-1794
508-588-4000

ALANON

Meets on Friday in the Cafeteria 8-9:30 p.m.
Lorraine Thayer (508)-587-5272
188 Belair St., Brockton MA 02401
Mrs. Cris Riordan (617)-341-1390
20 C Brian Dr., Stoughton MA 02072

ALCOHOLICS ANONYMOUS

Meets Thursday nights in the Cafeteria 8-9:30 p.m.
Roy Thomas (508)-587-9330
473 No. Main St.
Brockton, MA 02402

AMERICAN CANCER SOCIETY

"Lost Chord Club"
Meets on second Sunday of month from 2-4 p.m.
Barbara Farley (617)-344-0217
347 Park St.
Stoughton, MA 02072

ARTHRITIS SUPPORT GROUP

Meets first Wednesday certain months at the Cafe
Susan Boelyn (508)-697-6632 1-(800)-882-1464
341 Cherry St.
Bridgewater, MA 02324
Eleanor Norton (508)-587-0135

ASTHMA WORKSHOP

Meets in X-Ray Conference Room
Marion Olson (508)-588-4000 EXT. 1291

CARDIAC REHABILITATION SUPPORT GROUP
Meets 1st & 3rd Thursday of the month-CCU
Robert Farrier (617)-329-3090

CROHN'S & COLITIS FOUNDATION
Meets once a month September & December in X-Ray at 7:30-9 P.M.
Lorraine Simon (508)-588-9100 EXT. 245
Carol Lockwood (617)-449-0324
Greater Boston Chapter
17 Avery Square
Needham, MA 02194

MENDED HEARTS/CHAPTER II-SOUTH SHORE
Meets 2nd Wednesday of the month in Cafeteria from 8-9:30 P.M.
Contact: Normand Girard (617)-479-3062
676 Washington St.
Quincy, MA 02169

OVEREATERS ANONYMOUS
Meets Monday nights in Cafeteria from 8-9:30 P.M.
Lee Renaud (508)-559-2057 (h) (617)-348-5821
Maureen Sweeney, Treasurer
222 Perkins Ave.
Brockton, MA 02402
Judy Stone (508)-583-7375
Barbara Tutin (617)-828-0968

OVEREATERS ANONYMOUS
Meets Tuesday nights in Cafeteria from 7:30-9 P.M.
Bill Coogan, Regional Secretary (508)-559-7377

OVEREATERS ANONYMOUS
Meets Wednesday nights from 8-9:30 P.M.
(617)-341-4106
Pamela Widdop, Treasurer
305 Turnpike St., Lot 29
Mobile Home Park
So. Easton, MA 02375

OVEREATERS ANONYMOUS
Meets Friday nights in X-Ray from 8-9:30 P.M.
Margaret Smith (508)-583-8672
20 Greenfield St.
Brockton, MA 02401

SOUTH SHORE SELF HELP HARD OF HEARING
Meets in X-Ray from 1-4 P.M.
Contact: Rita Fingold (617)-727-9830 EXT. 333 or (617)-784-5165,
26 Winslow Road, Sharon, MA 02067
Ida Gladstone, Treasurer, 11 Pondview Rd., Canton, MA 02021

SOUTH SHORE OSTOMY ASSOCIATION
Meets quarterly in X-Ray from 7:30-9:30 P.M.
Irving Watnick (508)-587-0704
26 N. Ash St.
Brockton, MA 02401

TOUGH LOVE
Meets every Wednesday in X-Ray
Thelma Walsh (617)-341-3004
69 Plain St. Stoughton, MA 02072
Sue Theriault (508)-588-6189
Brockton, MA 02401

COOLEY DICKINSON HOSPITAL INC. 12/90
Staff Development
30 Locust St.
Northampton MA 01060-9990

CANCER SUPPORT GROUP
Sandy Stowell, RN Oncology Nurse (413)-582-2396
Bimonthly support group offering the person with cancer and/or family members an opportunity to share feelings.

FRAMINGHAM UNION HOSPITAL 7/91
Social Service Department
115 Lincoln St.
Framingham Ma 01701

CANCER SUPPORT GROUP
Anita Mulcahey, LCSW/Cont.Care (508)-879-7111 Ext. 2563
For patients, families, & friends of patients. Runs every Monday, except holidays, 5:30-7:00 p.m.

BREAST CANCER SUPPORT GROUP
Fran Connors, LCSW (508)-879-7111 Ext. 2079
Meets 3rd Thursday of month - 7:00-8:30 p.m.

PREGNANCY LOSS GROUPS
Mindy Shuster, LICSW, (508)-879-7111 Ext. 2138
For couples experiencing late miscarriages, stillbirth, or the death of an infant shortly after birth. two 3-6 week groups are run through the year.

CHRONIC FATIGUE SUPPORT GROUP
Ken Traegde (508)-875-3518
For patients suffering chronic fatigue syndrome. Runs 1st Saturday of the month.

BEREAVEMENT GROUP

Malka Young, LICSW (508)-875-3511

For those grieving the death of a loved one. Meetings held at MetroWest VNA.

AIDS SUPPORT GROUP

Luanne (508)-879-7111 Ext. 2380

Meets 1st & 3rd Tuesdays of the month, 6:30-8:00 p.m..

OSTOMY SUPPORT GROUP

Jean Clancy, R.N., (508)-879-7111 Ext. 2407

For patients with colostomies and ileostomies. Meets 3rd Thursday of the month, 7:00-8:30 p.m.

NURSING HOME PLACEMENT EDUCATIONAL SERIES

Karen Lechner, BSW (508)-879-7111 Ext. 2076

For families in process of placing elderly relatives in nursing home facilities.

FULLER MEMORIAL HOSPITAL
231 Washington Street
S. Attleboro, MA 02703

AA FOR YOUNG PEOPLE

Open Discussion for all young people. Meetings held Friday evenings for 7-8 p.m. in the Conference Room. For information contact C. Gadbois, RN ANM, at 761-8500, ext. 316 or 1-800-992-8550, ext. 316.

HALEY FAMILY HOSPITAL
70 East St.
Methuen, MA 01844

KEYSTONE: LIVING WITH CANCER

Carolyn Perraulz, RN, BSN, Education Dept. (508)-687-0156, ext. 2275. Meetings held the first Wednesday of each month at 6:00 pm at the Cornelius Cremins Family Suite at Haley Family Hospital.

SHARE

For Parents who have suffered a perinatal death.

Contact Cathy Sucholdowski, RN, Maternity at (508)-687-0156, ext. 2251. Meets the first Wednesday of each month.

AL-ANON

Contact Carolyn Perraulz, RN, Education Dept. at
(508)-687-0156. Meetings are held in the auditorium Saturdays at 8:00 p.m. and Mondays at 8:30 p.m.

MERRIMACK VALLEY OSTOMY ASSOCIATION

Contact Claire Johnson at (508)-475-3529 or Carolyn Perraulz at (508)-687-0156, ext. 2275. Meetings held the first Sunday every month at 2:00 pm in the Haley Hospital boardroom.

ALCOHOLICS ANONYMOUS

Meets Saturdays at 8:00 in the Auditorium. For more info., contact Carolyn Perraulz, (508)-687-0156, ext. 2275.

HAHNEMANN HOSPITAL
1515 Commonwealth Ave.
Brighton, MA 02135

EATING DISORDER SUPPORT GROUP

Free support group for family friends and patients suffering from Eating Disorders. Meetings held third saturday of every month, 9:30-11:30. For more information contact Nancy Nordinn at 617-254-1100, ext. 271.

HARRINGTON MEMORIAL HOSPITAL
100 South St.
Southbridge, MA 01550
(508)-765-9771, x2570

CARDIAC SUPPORT GROUP

Meetings held monthly. Contact Judy Flannery, R.N./Health Education Resources Center at (508)-765-9771 ext. 2695.

DIABETIC SUPPORT GROUP

Meetings held the second Tuesday of each month, Fourth Floor Conference Room #2. Contact Kim Johnson, R.N./Health Education Resources Center at (508)-765-9771 ext. 2692.

MULTIPLE SCLEROSIS SELF HELP GROUP

Meetings held the first Thursday of each month in the first floor Board Room. Contact Barbara Carlson, Social Service Dept. at (508)-765-9771 ext. 2570

ONCOLOGY SUPPORT GROUP

Meetings held the second wednesday of each month at 6:30, in the first floor board room. Contact Roger Lamontagne, Social Services, at (508)-765-9771, ext. 2570.

ALZHEIMER'S SUPPORT NETWORK OF SOUTH CENTRAL MASS., INC.

Meetings held every first Tuesday at 7 pm. on the fourth floor Social Service Conference Room. Contact Roger Lamontagne or Helen Emrich at (508)-765-9771 ext. 2570 or (508)-347-3545.

HAVEN OF HOPE: HELPING HANDS PROGRAM

Trained members help families with care of terminally ill at home. Meetings held 2nd Tuesday of each month in first floor Nursing Office. Contact Roger Lamontagne or Rose Ann Monaco Mon-Fri from 9am-3pm at (508)-765-9771 ext. 2570.

JORDAN HOSPITAL 7/92
275 Sandwich St.
Plymouth, MA 02360
508-746-2000

BREAST CANCER SUPPORT GROUP

Meets the first and third Tuesday of the month at 6:30 p.m. at the Jordan Hospital. For more information, contact Deborah Dolloway, LICSW, at 508-746-2000, ext. 2414

STROKE CLUB

Meets the fourth Thursday of the month from 1 to 3 p.m. in the North Conference Room at Jordan Hospital. For more information contact Sue Moore at 508-746-2001, ext. 2104.

INFANT LOSS SUPPORT GROUP

Meets the second and fourth Tuesday of each month from 6:30 to 8:00 p.m. in the Meditation Room at the Jordan Hospital. For more information, contact Janet Garnier at 508-746-2001, ext. 2412.

WIDOWS AND WIDOWERS SUPPORT GROUP

Meets the second and fourth Tuesday of each month at 7:30 p.m. at St. Peter's Parish Hall in Plymouth. For more information contact Deborah Dollaway, LICSW at 508-746-2000.

DIABETES SUPPORT GROUP

Support group for patients, families and friends of diabetics. Meets 2nd Sunday each month at 7:00-8:30 p.m. at 124 Long Pond Rd. Conference Room. For more information, contact Annie Laurie Babson at 508-746-6663.

LUPUS SUPPORT GROUP

For families and patients afflicted with the disease. For more information contact Kathy Lansing at 617-585-3287.

MS SUPPORT GROUP

This group is open to people with MS and their families and friends who are learning to cope with the disease. Group meets the fourth Friday of each month. For more information, please call Judith O'Donnell at 508-747-3475 or Paula Longo at 508-746-4746.

CHRONIC FATIGUE IMMUNE DYSFUNCTION SYNDROME

Information group to discuss the disease. Meets last Sunday of each month at 2:00-4:00 p.m. in North Conference Room at Jordan Hospital. Videotape and written information provided by the Mass. Epstein Barre Virus Association of Waltham. For information, contact Ruthann Carlisle at 508-224-4600.

IMPOTENCE SUPPORT GROUP

The Jordan Hospital Impotence Center offers professional assistance in a confidential setting for individuals with impotence. For information, call 508-746-6591.

ADULT CANCER SUPPORT GROUP

Open to patients and their spouses or significant others. Discusses issues such as vocation, family and personal relationships. The group meets on the 2nd and 4th Tuesday of each month, from 7:00 - 8:30 p.m. at Jordan Hospital. For information, call Deborah Dolaway, at 508-746-2000, ext. 2414.

POSTPARTUM DEPRESSION SUPPORT GROUP

To help new mothers deal with postpartum depression that is caused by hormonal changes brought on by childbirth. Meets the 2nd and 4th Thursday of every month, 7:00 - 8:30 p.m. in the Meditation Room. Call Gerry Piatelli at 617-837-4242.

SUPPORT GROUP FOR FAMILIES OF PEOPLE WITH HIV OR AIDS

For families of people who test HIV positive or who have AIDS. Meets the 1st and 3rd Mondays of each month in the Coffee Shop at 7:30 - 9:00 p.m. Call Robert Jackson, LICSW at (508)-746-2001, Ext. 2410.

SUICIDE LOSS SUPPORT GROUP

For people who have suffered the loss of a loved one by suicide. South Shore Safe Place provides an opportunity to share feelings resulting from such an event. Safe Place meets every second and fourth Tuesday of the month at 124 Long Pond Road in Plymouth from 7:30 - 9:30 p.m. For information, call (508)-746-2001, Ext. 2260 or Barbara Johnston at (508)-747-1832.

LEOMINSTER HOSPITAL 12/90
Hospital Road
Leominster, MA 01453

FOCUS ON RECOVERY

Meets bi-monthly Fridays, 3-4:30 pm, at Leominster Hospital, call for exact days. For information contact Elaine Sullivan, Social Service, at (508)-840-2493.

PERINATAL LOSS GROUP

Support group for miscarriage, still birth, newborn loss. Meets 4th Thursday of every month 7-8:30 pm in Congregation Agudas Achim., 260 Washington St., Leominster. For information contact Elaine Sullivan at (508)-840-2493.

ARTHRITIS SUPPORT GROUP

Meets 2nd Tuesday of the month, 4-5 pm in Leominster Hospital. For information contact Debbie Smith, Physical Therapy, at (508)-537-4811, ext.457.

MARLBOROUGH HOSPITAL
Social Service Department
57 Union St.
Marlborough MA 01752

CANCER SUPPORT GROUP

Carla Souers, Social Serv. Dept. (508)-485-1121
Meets monthly.

MARY LANE HOSPITAL 1/91
85 South St.
Ware, MA 01082

ALCOHOLICS ANONYMOUS

Meets Sunday nights at 8 p.m. in the Conference Room. For more information contact Carol Stanton at 413-967-6211, ext. 115.

AL-ANON

Meets Thursday at 7 p.m. in the Conference Room. For more information contact Carol Stanton at 413-967-6211, ext. 115.

PARENTS ANONYMOUS

For information contact Katie Kenyon at 413-783-3381.

ALZHEIMERS SUPPORT GROUP

Meets the 2nd Tuesday of every month, 7 p.m., 4th Floor Conference Room. For information contact Carol Stanton at 413-967-6211, ext 115.

NARCOTICS ANONYMOUS

Meets Wednesdays 8 p.m. in the Conference Room. For information contact Carol Stanton at 413-967-6211, ext 115.

ARTHRITIS SUPPORT GROUP

Meets 3rd Monday of the month, 6:30 p.m. form April to November in the Gilbert Wing Solarium. For more information contact Carol Stanton at 413-967-6211, ext 115.

MASS. MENTAL HEALTH CENTER
74 Fenwood Rd.
Boston, MA 02115

SEX & LOVE ADDICTS ANONYMOUS (SLAA)

Meets Monday, Wednesday, and Thursday, 7:30-9 pm and Saturday, 10:30-12 noon, 2nd floor research building.
For information contact Jean Christoffersen at 617-734-1300, ext. 260

CO-SLAA

Meets Sundays 10-12 noon, 2nd floor research building.
For information contact Jean Christoffersen at (617)-734-1300, ext. 260.

MEDICAL CENTER OF CENTRAL MASS. 12/90

HAHNEMANN CAMPUS
281 Lincoln Street
Worcester, MA 01605

ONCOLOGY SUPPORT GROUP

Meetings held first Tuesday of every month from 6:30-8 p.m. on Hahnemann Campus, Conference Room 5. For information contact Kathy Lange, R.N./Nursing, at 508-792-8518

HEAD INJURY SUPPORT GROUP

Open to all head injury victims and their families.
Sponsored by Hahnemann Rehabilitation Services, a satellite of The Medical Center of Central MA, & by Mass. Head Injury Assoc. Meets 1st Tuesday of every month 5:30-7 p.m. at Hahnemann Rehabilitation Services in Lincoln Plaza, 535 Lincoln St., Worcester. For information call (508)-792-8500

STROKE SUPPORT GROUP

Meetings are free and open to all stroke victims and their families. Monthly guests speak on stroke-related topics. Meetings held the last Thursday of every month 4:30-5:30 p.m., at Hahnemann Rehabilitation Services in Lincoln Plaza, 535 Lincoln St., Worcester. For information contact Hahnemann Rehabilitation Services at 508-792-8500.

MEMORIAL CAMPUS
119 Belmont Street
Worcester MA 01605

CANCER SUPPORT GROUP

This group is open to all cancer patients as well as their friends and family. The meetings offer discussion, education, and support. They give patients and those close to them a means of expressing their feelings and dealing with their illness. Meetings held alternate Mondays, 6:30-8:00 p.m. on Memorial Campus, Foundation Board Room. For information contact Doreen Brettler, M.D./Oncology Dept., at 508-793-6276.

CAREGIVERS SUPPORT GROUP

This group is for anyone with the responsibility of caring for an elderly family member or friend. Each session features 1/2 hour presentation by experts such as physicians, geriatric nurse practitioners, social workers, and mental health professionals. Talks are followed by an informational discussion period and refreshments. Meetings held first and third Wednesdays, 4:30-6 p.m., on Memorial Campus, Primary Care Conference Room. For information contact Geriatric Services Dept, at 508-793-6050

COMMUNITY BIRTH LOSS SUPPORT GROUP

This group is open to parents who have lost a child through miscarriage, stillbirth, or neonatal death. Meetings held third Thursday of the month, 7-8:30 p.m. For information contact Cathleen LaCroix/Public Relations, at 508-792-8608.

FREE BREATHERS CLUB

Support group for those with pulmonary problems. Meetings held one Monday/month, 7-8:30 p.m., Knowles Hall, Memorial campus. For information contact Annemarie Coleman, R.N. Pulmonary Medicine, at 508-793-6637.

MERCY HOSPITAL 7/91
271 Carew Street
Springfield MA 01104

PULMONARY SUPPORT GROUP

Linda Chastain (413)-781-9100 Ext. 1610

People with lung disease and their families are cordially invited to attend an afternoon of sharing and learning about better living with lung disease. Our monthly meetings provide support and education on conditions such as chronic bronchitis, asthma and emphysema. Meets 4th Wednesday of the month, 1-3 pm in the Medical Staff Room, Deliso Center, Mercy Hospital. Please call for more information.

MIDDLESEX COUNTY HOSPITAL
775 Trapelo Road
Waltham, MA 02254

PULMONARY REHAB EDUCATIONAL SUPPORT GROUP

Meets monthly at the hospital. For information contact Ann Logan, Admissions, at 894-4600, ext 250.

MILFORD-WHITINSVILLE REGIONAL HOSPITAL
14 Prospect Street
Milford, MA 01757

BIRTH LOSS SUPPORT GROUP

Meetings held 3rd Thursday of each month at 7:00 p.m. in the Drs. Lounge. For information contact Cheryl Oliveri, Social Services, at 508-473-1190, ext. 470.

RECOVERY OF MALE POTENCY SUPPORT GROUP

Meetings held third Wednesday of the month in Dining Room B from 7:30-9:30 p.m. For information contact Nurse Coordinator at 508-478-6039.

MOTHER TALK SUPPORT GROUP

Support group for new mothers with infants 0-6 months. Meetings held first Wednesday of each month in the Staff Room from 10:30-12:00 noon. For information contact Maternity Dept. at 508-473-1190, ext. 320.

CANCER SUPPORT GROUP

Learn skills to cope with all types of cancer--for patients and families. Meetings held first Thursday of each month in Milford/Northbirdge VNA, Mendon, from 6:30-8:00 p.m. For information contact Judy Schmitt, Oncology, or Jackie Kessler, Social Services, at 508-473-1190, ext. 251 or 471.

HEAD TRAUMA SUPPORT GROUP

Meeting held third Thursday of each month in Dining Room B from 7:30-9:001 p.m. For information contact Mary Lloyd or Lee Ries, Physical Therapy, at 598-473-1190, ext. 388.

THE NASHOBA COMMUNITY HOSPITAL
200 Groton Road
Ayer, MA 01432

SUPPORT GROUP FOR THE CARDIAC REHABILITATION PROGRAM

Meetings held at the hospital at various times. The group runs in cycles: once a week for six weeks. For information contact Kevin Shores, M.A., Cardiac and Pulmonary Rehabilitation, at 508-772-0200, ext. 367.

NOBLE HOSPITAL 7/91
115 West Silver St.
Westfield MA 01085

BETTER BREATHER SUPPORT GROUP
Contact: Thomas Tremblay
Offers monthly meetings, provides support and education on chronic obstructive pulmonary disease such as emphysema, chronic bronchitis and asthma. The group plans outings together.

THE NORCAP CENTER
Southwood Community Hospital
111 Dedham St.
Norfolk, MA 02056

The NORCAP Center for ADDICTIONS of Southwood Community Hospital hosts over 50 aftercare and self-help groups at its four sites weekly. Groups include AA, AlAnon, NA, NarAnon, GA, Smokers Support Group, and HIV Support Groups for adults, adolescents, and families. (508)-668-0385

NORCAP HELPLINE 800-331-2900
Thirty on-site meetings in Norfolk at the Hospital and in Foxboro at NORCAP Lodge. For information contact NORCAP Helpline at 1-800-331-2900

NORWOOD OUTPATIENT CENTER
45 Walpole St.
Norwood MA 02062
(617)-762-1626
Ten on-site meetings. Groups meet at 45 Walpole St. and Norwood Hospital, 800 Washington St.

SOUTH SHORE OUTPATIENT CENTER
555 Columbian St.
South Weymouth MA 02190
(617)-335-1412
Ten on-site groups

NORTH ADAMS REGIONAL HOSPITAL 7/91
Hospital Avenue
North Adams MA 01247

BETTER BREATHER SUPPORT GROUP
Dave Blanchette (413)-663-3701
Offers monthly meetings, provides support and education on chronic obstructive pulmonary disease such as emphysema, chronic bronchitis and asthma. The group plans outings together.

SHRINERS HOSPITAL FOR CRIPPLED CHILDREN 11/90
Director of Social Services
516 Carew St.
Springfield MA 01104

GIRLS WITH MYELODYSPLASIA SUPPORT GROUP
Elli Meeropol, RN (413)-787-2000
For adolescent girls as part of outpatient clinic.

MYELODYSPLASIA PARENT GROUP
Shirley T. Mazzoli, CSW (413)-733-8012
Meets second Friday of the month, October-May 7:30 p.m.

SCOLIOSIS SUPPORT GROUP FOR ADOLESCENTS
Shirley T. Mazzoli, CSW (413)-733-8012
Meets when several scoliosis patients request it.

LIMB DEFICIENCY SUPPORT NETWORK BY MAIL
Shirley T. Mazzoli, CSW (413)-733-8012
S.S. Department sends out newsletter 3-4 times a year to families with limb deficient child. Names and addresses shared; families encouraged to get in touch.

JUVENILE RHEUMATOID ARTHRITIS GROUP
Shirley T. Mazzoli, CSW (413)-733-8012
Meets 3-4 times a year Tuesday 7:30 p.m.

SHRINERS BURNS INSTITUTE
51 Blossom St.
Boston, MA 01224

FAMILIES OF BURNED CHILDREN
Sue S. Cahers, (617)-722-3000, ext. 121
Meetings held Wednesday from 12:30 to 1:30 Shriners Burns Institute.

SOMERVILLE HOSPITAL 6/92
125 Lowell St.
Somerville, MA 02143

ENGLISH AS A SECOND LANGUAGE
Meets Mondays in School of Nursing Room 706. For information contact Dalmir S. Silva at (617)-666-3726.

ALCOHOLICS ANONYMOUS
Meets Mondays in School of Nursing Room 701. For information contact Nelson Jenkins at (617)-381-1693.

OVEREATERS ANONYMOUS
Meets Thursdays in School of Nursing Room 706. For information contact Anne Driscoll at (617)-395-4587.

ST. ANNE'S HOSPITAL 12/90
Social Service Department
795 Middle St.
Fall River MA 02721
(508)-674-5741

ALANON
(508)-678-2702 Chris
Meets in Education Classroom Mondays, 7-9 p.m.

NAR-ANON
Social Work Department (508)-674-5741
For family and friends of drug abusers. Meets Mondays in Education classroom.

DIABETES SUPPORT GROUP
(508)-674-5741 Ext. 2390 Maria Cabrales
Meets in Clemence Hall every other month, 7:00-8:30 p.m.
Call for more information.

PACE MAKER SUPPORT GROUP
"And the Beat Goes on"
(508)-674-5741 Gerry Santos/Cardiac Rehab.
Meets quarterly at St. Anne's. Call for more information.

EMOTIONS ANONYMOUS
(508)-674-5741 Ext. 2270 Clinical Soc. Work Ser.
Meets at Clemence Hall, Wednesdays, 7-9 p.m.

BREAST CANCER SUPPORT GROUP
"Significance"
(508)-674-5741 Ext. 2270
For families and significant others of cancer patients. Call for time/dates

CANCER SURVIVORS
(508)-674-5741 Ext. 2270
Survivors Celebrating Life. For cancer survivors - those who have completed treatment.

NARCOTICS ANONYMOUS
For information contact the Social Work Dept. at 508-674-5741.

ST. ELIZABETH'S HOSPITAL 7/91
Continuing Care Department
736 Cambridge St.
Brighton MA 02135

CANCER SUPPORT GROUP
Call: (617)-789-3000 Page Janet Kurtz, MSW
Support group meets 2nd & 4th Thursday of every month. Open to patients, family members, and/or friends. Free.

BREAST CANCER SUPPORT GROUP
For breast cancer patients, through the Center for Breast Care. Call (617)-789-2400.

HIV SUPPORT GROUP
Call: (617)-789-2257 Mary Ann Donaldson, MSW
Meets 1st and 3rd Monday of the month at 3:00 p.m., Seton 5.

PULMONARY SUPPORT GROUP
Educational/support group, meets monthly. For information call (617)-789-2257.

ST. JOHN'S HOSPITAL
Hospital Drive
P.O. Box 30
Lowell, MA 01853

CANCER SUPPORT SESSIONS
Meetings held Wednesdays from 7-8 pm and Thursday from 2-3 pm at St. John's Hospital. Contact Outpatient Oncology, (508)-458-1411 ext. 4590.

SPOUSES HAVE HEARTS, TOO
Contact Sue Denopoulos, (508)-458-1411, ext. 4436

PULMONARY SUPPORT GROUP
Contact Ruth Collins, Quality Assurance, (508)-458-1411
Beeper #34.

STURDY MEMORIAL HOSPITAL 11/90
Social Work Service
211 Park St.
Attleboro MA 02703-3137

CANCER SUPPORT GROUP
Sandra McMurray, RN (508)-226-3764 / 695-0677 (home)
Meets third Tuesday of each month, 7:30-9:30

CAREGIVERS SUPPORT GROUP

Beverly Schreiner (508)-222-5200 Ext. 643
Meets 2nd Wednesday of each month, 6:30-8:00 - Conf. Rm. A+B

STROKE CLUB

For information contact Judy Adams, RPT, (508)-222-5200.

SYMMES HOSPITAL 3/91
Education Department
Hospital Road
Arlington MA 02174

CANCER SUPPORT GROUP

(617)-646-1500, ext. 1428
For those with cancer, family and friends to discuss concerns and provide support.

DIABETES EDUCATIONAL SUPPORT GROUP

(617)-646-1500 Ext. 2414
Meets monthly for guest speaker or film and for the opportunity to share in a supportive group environment. Free, open to the public.

WELLSPRING CENTER 12/90
3 Otis Street
Watertown, MA 02172

CANCER SUPPORT GROUP

10 week psycho-educational group. Participants learn relaxation and visualization skills in addition to having time to share feelings. (Sliding fee, insurance accepted.) Meets at various times: Tuesday or Thursday evenings and afternoons. For information contact Connie Varman, Ed.D, at (657)-924-8515.

CHRONIC ILLNESS GROUP

10 week psycho-educational group. Participants learn coping skills such as relaxation and visualization. Meets Friday 4:30-6:30. For information contact Liz Lawrence at (617)-924-8515.

WHEN SOMEONE YOU LOVE HAS CANCER

For friends and family members. Meets Tuesday and Thursday 7-8:30 pm. For more information contact Joan Klagsbrun at (617)-924-8515.

WHIDDEN MEMORIAL HOSPITAL 1/91
103 Garland Street
Everett, MA 02149

ALCOHOLICS ANONYMOUS

Meets Wednesdays, 8:30 p.m. in Williams Auditorium. For information contact Sarah Braucher, LICSW/Addictions Treatment Center, at (617)-381-7176.

ADULT CHILDREN OF ALCOHOLICS

Meets Tuesdays, 7 pm - Private Dining Room. For information contact Sarah Braucher at (617)-381-7176.

BEREAVEMENT SUPPORT GROUP

Meets second and fourth Wednesday every month, 6:30-8pm in Williams Auditorium. For information contact Toni Langerman, LICSW, at 617-389-6270, ext. 4145.

CAREGIVERS SUPPORT GROUP

For those caring for an aging family member - sharing with others can ease the burden. Seasonal - call for time and dates. For information contact Trudy MacDonald, R.N., M.S.N., at 616-381-7111.

OVEREATERS ANONYMOUS

Meets Mondays, 7:30 pm in Williams Auditorium. For information contact Cindy Hegh/Outside Hospital at 617-381-4792, 617-389-2705.

CARDIAC SUPPORT GROUP

For those who have had heart attack, cardiac surgery, and/or other heart problems. Family members welcome. Meets third Monday every month, 7:30-9 pm in Williams Auditorium. For information contact Janet Zardas, R.N., M.S.N./Cardiac Rehabilitation at 617-389-6270, ext. 4006

WINCHESTER HOSPITAL
Social Service Department
41 Highland Ave.
Winchester, MA 01890

PEOPLE HELPING PEOPLE

Cancer support for families and people with cancer. Meets 1st and 3rd Wednesday of the month at 7 p.m. in Social Services. For more information contact Jeanne Dube at (508) 756-2634.

NEW DAY, NEW HOPE

Meets the 3rd Tuesday of the month 1-3 p.m. in the small conference room. For more information contact Jeanne Dube at (508) 756-2634.

ADDITIONAL RESOURCES

IN MASSACHUSETTS

Following are some of the human service directories in the Commonwealth which list self-help groups and have been useful to us in compiling this directory:

Access: Services and Programs for Older Adults in the Merrimack Valley"
ElderServices of the Merrimack Valley, Inc.
360 Merrimack St. Bldg. #5
Lawrence MA 01843
1-800-892-0890

All the Help You Can Get: 1991
(A Directory of Human Service Resources for Hampshire County)
Provides telephone and walk-in information and referral for human services and community resources in Hampshire County.
FIRST CALL FOR HELP
The Jones Library
43 Amity St.
Amherst MA 01002
(413)-256-0121 or 1-800-339-7779 (in 413 area)

Answers at Memorial Hall Library
Memorial Hall Library
Elm Square
Andover MA 01810
(508)-470-1184

Children's Resource Guide to the Berkshires
Berkshire Office for Children
150 North St.
Pittsfield MA 01201
(413)-499-4492

Community Human Services Directory of Plymouth County
Mayflower R.S.V.P.
6 Main St., Extn.
Plymouth MA 02360
(508)-746-7787
RSVP recruits and maintains volunteers age 60 and over in more than 100 nonprofit organizations throughout Plymouth County.

Connections: A Resource Directory of Human Services, Franklin Co.
Social Service Help
39 Federal St.
Greenfield MA 01301
(413)-773-3574

Directory of Self-Help Groups
Information & referral Services
United Way of Mass. Bay
2 Liberty Square
Boston MA 02109-3966
(617)-482-1454

Community Services Directory
First Call Community United Way of Pioneer Valley
184 Mill St.
Springfield MA 01108
(413)-737-2712

HELP: A Directory of Human Services
First Call: United Way of Central Mass.
484 Main St. - Denholm Bldg.
Worcester MA 01608
(508)-755-1233

Human Service Yellow Pages of Greater Boston
50 Congress St.
Boston MA 02109
(617)-523-3745

Playgroups and Mother's Groups
Child Care Connection
United Way of Central Mass
484 Main St. - Denholm Bldg.
Worcester MA 01608
(508)-757-3880

OF SPECIAL INTEREST;

Helping You Helps Me: A Guide Book for Self-Help Groups
By Karen Hill with Revisions by Hector Balthasar
An 80-page booklet published by Social Service Program Branch, Health and Welfare Canada.
Copies available for $4.71 (which includes shipping & handling) from:

Canadian Council on Social Development
PO Box 3505
Ottawa, Ontario K1Y 4G1
Canada
(613)-728-1865

LOCAL RESOURCE AGENCIES

TOWN	AGENCY	PHONE
Abington	Helpline	508-584-4357
Acton	United Way of Mass Bay	617-482-1454
Acushnet	United Way of Grtr.New Bedford	508-994-9625
Adams	Helpline	413-663-6555
Agawam	First Call/United Way	413-737-2712
Amesbury	United Way of Merrimack Valley	508-682-5296
Amherst	First Call	413-256-0121
Andover	United Way of Merrimack Valley	508-682-5296
Arlington	United Way of Mass Bay	617-482-1454
Ashburnham	United Way of North Ctrl MA	508-345-1577
Ashfield	Social Service Help	413-773-3574
Ashland	United Way of Central Mass	508-755-1233
Assinippi	United Way of Mass Bay	617-482-1454
Athol	Millers River Info & Ref	508-249-4295
Attleboro	Info Line U Way of N. Bristol	508-223-4637
Auburn	United Way of Central MA	508-755-1233
Avon	United Way of Mass Bay	617-482-1454
Ayer	United Way of North Ctrl MA	508-345-1577
Baldwinville	United Way of Greater Gardner	508-632-1350
Ballardvale	United Way of Merrimack Valley	508-682-5296
Barnstable	United Way of Cape Cod	508-775-0464
Barre	United Way of Central MA	508-755-1233
Bedford	United Way of Mass Bay	617-482-1454
Belchertown	First Call for help	413-256-0121
Bellingham	Not covered by any agency	
Belmont	United Way of Mass Bay I & R	508-682-5296
Berlin	WHEAT Community Services	508-365-6349
Bernardston	Social Service Help	413-773-3574
Beverly	United Way of the Ctrl N. Shor	508-922-3966
Billerica	United Way of Merrimack Valley	508-682-5296
Blackstone	United Way of Central MA	508-755-1233
Bolton	WHEAT Community Services	508-365-6349
Bondsville	First Call United Way	413-737-2712
Boston	United Way of Mass Bay	617-482-1454
Boxford	United Way of Mass Bay	617-482-1454
Braintree	United Way of Mass Bay	617-482-1454
Bridgewater	Helpline	508-584-4357
Brockton	Helpline	508-584-4357
Brookfield	United Way of Central MA	508-755-1233
Brookline	United Way of Mass Bay	617-482-1454
Brookville	Helpline	508-584-4357
Bryantville	Helpline	508-584-4357
Buckland	Social Service Help	413-773-3574
Burlington	United Way of Mass Bay	617-482-1454
Buzzards Bay	United Way of Cape Cod	508-775-0464
Byfield	United Way of Merrimack Valley	508-682-5296
Cambridge	United Way of Mass Bay	617-482-1454
Canton	United Way of Mass Bay	617-482-1454
Centerville	United Way of Cape Cod	508-775-0464
Chaffin	United Way of Central MA	508-755-1233
Charlemont	Social Service Help	413-773-3574

TOWN	AGENCY	PHONE
Charlton City	United Way of Central MA	508-755-1233
Chatham	United Way of Cape Cod	508-775-0464
Chelmsford	United Way of Merrimack Valley	508-682-5296
Chelsea	United Way of Mass Bay I&R	617-482-1454
Cherry Valley	United Way of Central MA	508-755-1233
Cheshire	Helpline	413-663-6555
Chesterfield	FIRST CALL For Help	413-256-0121
Chicopee	First Call/ United Way	413-737-2712
Clinton	WHEAT Community Services	508-365-6349
Cochituate	United Way of Mass Bay I&R	617-482-1454
Cohasset	United Way of Mass Bay I&R	617-482-1454
Colrain	Social Service Help	413-773-3574
Concord	United Way of Mass Bay I&R	617-482-1454
Conway	Social Service Help	413-773-3574
Cordaville	United Way of Central MA	508-755-1233
Cotuit	United Way of Cape Cod	508-775-0464
Cummington	FIRST CALL for Help	413-256-0121
Dalton	Berkshire United Way	413-442-4357
Danvers	United Way of Mass Bay I&R	617-482-1454
Dartmouth	United Way of Grtr New Bedford	508-994-9625
Dedham	United Way of Mass Bay I&R	617-482-1454
Deerfield	Social Service Help	413-773-3574
Dennis Port	United Way of Cape Cod	508-775-0464
Dorothy Pond	United Way of Central MA	508-755-1233
Dover	United Way of Mass Bay	617-482-1454
Dracut	United Way of Merrimack Valley	508-682-5296
Dudley	United Way of Central MA	508-755-1233
Dunstable	United Way of Merrimack Valley	508-682-5296
Duxbury	Helpline	508-584-4357
E. Acton	United Way of Mass Bay I&R	617-482-1454
E. Billerica	United Way of Merrimack Valley	508-682-5296
E. Bridgewater	Helpline	508-584-4357
E. Brookfield	United Way of Central MA	508-755-1233
E. Chelmsford	United Way of Merrimack Valley	508-682-5296
E. Douglas	United Way of Central MA	508-755-1233
E. Falmouth	United Way of Cape Cod	508-775-0464
E. Freetwon	United Way of Grtr New Bedford	508-994-9625
E. Longmeadow	First Call/ United Way	413-737-2712
E. Millbury	United Way of Central MA	508-755-1233
E. Orleans	United Way of Cape Cod	508-775-0464
E. Pepperell	Not covered by any agency	
E. Sudbury	United Way of Mass Bay	617-482-1454
E. Templeton	United Way of Greater Gardner	508-632-1350
E. Walpole	United Way of Mass Bay	617-482-1454
E. Wareham	United Way I&R	508-994-9625
Eastham	United Way of Cape Cod	508-775-0464
Easthampton	First Call for help	413-256-0121
Edgardtown	United Way of Cape Cod	508-775-0464
Egypt	United Way of Mass Bay	617-482-1454
Erving	Milllers River Info & Ref	508-249-4295
Essex	United Way of Central N. Shore	508-922-3966
Everett	United Way of Mass Bay	617-482-1454

TOWN	AGENCY	PHONE
Fairhaven	United Way of Grtr New Bedford	508-994-9625
Fall River	United Way Infoline	508-674-1100
Falmouth	United Way of Cape Cod	508-775-0464
Fayville	United Way of Central Mass	508-755-1233
Feeding Hills	First Call/United Way	413-737-2712
Fiskdale	United Way of Central MA	508-755-1233
Fitchburg	United Way of North Central MA	508-345-1577
Forge Vil	United Way of North Central MA	508-345-1577
Foxboro	Foxboro Human Services	508-543-7336
Framingham	United Way of Mass Bay I&R	617-482-1454
Franklin	United Way of Mass Bay I&R	617-482-1454
Gardner	United Way of Greater Gardner	508-632-1350
Georgetown	United Way of Merrimack Valley	508-682-5296
Gilbertville	United Way of Central MA	508-755-1233
Gill	Social Service Help	413-773-3574
Gloucester	Not covered by any agency	
Goshen	FIRST CALL For Help	413-256-0121
Grafton	United Way of Central Mass	508-755-1233
Granby	U. Way of Holyoke S.Hadley,Grb	413-532-3235
Graniteville	United Way of North Central MA	508-345-1577
Great Barrington	Berkshire United Way	413-442-4357
Green Harbor	Helpline	508-584-4357
Greenfield	Social Service Help	413-773-3574
Groton	United Way of North Central MA	508-345-1577
Groveland	United Way of Merrimack Valley	508-682-5296
Hadley	FIRST CALL For Help	413-256-0121
Hamilton	United Way of Central N. Shore	508-922-3966
Hampden	First Call/United Way	413-737-2712
Hanover	Helpline	508-584-4357
Hanover Cen.	Helpline	508-584-4357
Harding	United Way of Mass Bay I&R	617-482-1454
Harwich	United Way of Cape Cod	800-462-8002
Harwich Port	United Way of Cape Cod	800-462-8002
Hatfield	First Call for Help	413-256-0121
Haverhill	United Way of Merrimack Valley	508-682-5296
Hawley	Social Service Help	413-773-3574
Heath	Social Service Help	413-773-3574
Hingham	United Way of Mass Bay I&R	617-482-1454
Hinsdale	Berkshire United Way	413-442-4357
Holbrook	United Way of Mass Bay	617-482-1454
Holden	United Way of Central MA	508-755-1233
Holliston	United Way of Central MA	508-755-1233
Holyoke	U. Way of Holyoke,S.Hadley,Grb	413-532-3235
Hopedale	United Way of Central MA 01608	508-755-1233
Hopkinton	United Way of Central MA 01608	508-755-1233
Housatonic	Berkshire United Way	413-442-4357
Hudson	United Way of Mass Bay	617-482-1454
Hull	United Way of Mass Bay	617-482-1454
Huntington	First Call for Help	413-256-0121
Hyannis	United Way of Cape Cod	800-462-8002
Ipswich	U. Way of Central North Shore	508-922-3966
Islington	United Way of Mass Bay	617-482-1454

TOWN	AGENCY	PHONE
Kingston	Helpline	508-584-4357
Lakeville	Helpline	508-584-4357
Lancaster	WHEAT Community Services	508-365-6349
Lanesboro	Berkshire United Way	413-442-4357
Lawrence	United Way of Merrimack Valley	508-682-5296
Lee	Berkshire United Way	413-442-4357
Leicester	United Way of Central MA	508-755-1233
Lenox	Berkshire United Way	413-442-4357
Leominster	Not covered by any agency	
Leverett	Social Service Help	413-773-3574
Lexington	United Way of Mass Bay	617-482-1454
Leyden	Social Service Help	413-773-3574
Lincoln	United Way of Mass Bay	617-482-1454
Linwood	United Way of Central MA	508-755-1233
Littleton	United Way of Merrimack Valley	508-682-5296
Longmeadow	United Way/ First Call	413-737-2712
Lowell	United Way of Merrimack Valley	508-682-5296
Ludlow	First Call/United Way	413-737-2712
Lunenburg	United Way of North Central MA	508-345-1577
Lynn	United Way of Mass Bay	617-482-1454
Lynnfield	United Way of Mass Bay	617-482-1454
Malden	United Way of Mass Bay	617-482-1454
Manchaug	United Way of North Central MA	508-755-1233
Manchester	U. Way of the Central N. Shore	508-922-3966
Manomet	Helpline	508-584-4357
Mansfield	United Way of N. Bristol City	508-223-4136
Marblehead	united Way of Mass Bay	617-482-1454
Marion	United Way I&R	508-994-9625
Marlborough	United Way of Mass Bay	617-482-1454
Marshfield	Helpline	508-584-4357
Marshfield Hills	Helpline	508-584-4357
Mattapoisett	United Way of Grtr New Bedford	508-994-9625
Maynard	United Way of Mass Bay	617-482-1454
Medfield	United Way of Mass Bay	617-482-1454
Medford	United Way of Mass Bay	617-482-1454
Medway	Not covered by any agency	
Melrose	United Way of Mass Bay	617-482-1454
Merrimac	United Way of Merrimack Valley	508-682-5296
Methuen	United Way of Merrimack Valley	508-682-5296
Middleboro	Helpline	508-584-4357
Middlefield	FIRST CALL For Help	413-256-0121
Middleton	United Way of Mass Bay	617-482-1454
Milford	United Way of Central MA	508-755-1233
Millbury	United Way of Central MA	508-755-1233
Millers Falls	Social Service Help	413-773-3574
Millis	United Way of Mass Bay	617-482-1454
Millville	United Way of Central Mass	508-755-1233
Milton	United Way of Mass Bay	617-482-1454
Monroe	Social Service Help	413-773-3574
Monson	First Call/United Way	413-737-2712
Montague	Social Service Help	413-773-3574
Monument Beach	United Way of Cape Cod	508-775-0464

TOWN	AGENCY	PHONE
Morningdale	United Way of Central MA	508-755-1233
N. Abington	Helpline	508-584-4357
N. Adams	Helpline	413-663-6555
N. Amherst	First Call for Help	413-256-0121
N. Andover	United Way of Merrimack Valley	508-682-5296
N. Attleboro	United Way of Norhtern Bristol	508-223-4637
N. Billerica	United Way of Merrimack Valley	508-682-5296
N. Brookfield	United Way of Central MA	508-755-1233
N. Dighton	United Way of Greater Taunton	508-824-3985
N. Eastham	United Way of Cape Cod	800-462-8002
N. Easton	Helpline	508-584-4357
N. Falmouth	United Way of Cape Cod	800-462-8002
N. Graton	United Way of Central MA	508-755-1233
N. Oxford	United Way of Central MA	508-755-1233
N. Pembroke	Helpline	508-584-4357
N. Reading	United Way of Mass BAY	617-482-1454
N. Scituate	United Way of Mass BAY	617-482-1454
N. Sudbury	United Way of Mass BAY	617-482-1454
N. Swansea	United Way Infoline	508-674-1100
N. Tewksbury	United Way of Merrimack Valley	508-682-5296
N. Truro	United Way of Cape Cod	800-462-8002
N. Uxbridge	United Way of Central MA	508-755-1233
N. Wilmington	United Way of Merrimack Valley	508-682-5296
Nabnasset	united Way of Merrimack Valley	508-682-5296
Nahant	United Way of Mass Bay	617-482-1454
Nantucket	United Way of Cape Cod	508-775-0464
Natick	United Way of Mass Bay	617-482-1454
Needham	United Way of Mass Bay	617-482-1454
New Bedford	United Way of Grtr New Bedford	508-994-9625
New Salem	Millers River Info & Ref	508-249-4295
Newbury	United Way of Merrimack Valley	508-682-5296
Newburyport	United Way of Merrimack Valley	508-682-5296
Newton	United Way of Mass Bay	617-482-1454
Northampton	First Call for Help	413-256-0121
Northborough	United Way of Central MA	508-755-1233
Northbridge	United Way of Central MA	508-755-1233
Northfield	Social Service Help	413-773-3574
Norton	United Way of N. Bristol Cty.	508-223-4637
Norton Gr.	United Way of N. Bristol Cty.	508-223-4637
Norwood	United Way of Mass Bay	617-482-1454
Nutting Lake	United Way of Merrimack Valley	508-682-5296
Oak Bluffs	United Way of Cape Cod	800-462-8002
Ocean Bluffs	Helpline	508-584-4357
Ocean Gr.	United Way Infoline	508-674-1100
Onset	United Way I&R	508-994-9625
Orange	Millers River I & R	508-249-4295
Orleans	United Way of Cape Cod	800-462-8002
Osterville	United Way of Cape Cod	800-462-8002
Oxford	United Way of Central Mass	508-755-1233
Palmer	First Call/ United Way	413-737-2712
Paxton	United Way of Central MA	508-755-1233
Peabody	United Way of Mass Bay I&R	617-482-1454

TOWN	AGENCY	PHONE
Pelham	FIRST CALL For Help	413-256-0121
Pembroke	Helpline	508-584-4357
Pepperell	not covered by any agency	
Petersham	Millers River Info & Ref	508-249-4295
Phillipston	Millers River Info & Ref	508-249-4295
Pigeon Cove	not covered by any agency	
Pinehurst	United Way of Merrimack Valley	508-682-5296
Pittsfield	Berkshire United Way	413-442-4357
Plainfield	FIRST CALL For Help	413-256-0121
Plainville	Foxboro Human Services	508-543-7336
Plymouth	Helpline	508-584-4357
Pocasset	United Way of Cape Cod	800-462-8002
Provincetown	United Way of Cape Cod	800-462-8002
Quincy	United Way of Mass Bay	508-682-5296
Randolph	United Way of Mass Bay	508-682-5296
Raynham	United Way of Greater Taunton	508-824-3985
Raynham Cen	United Way of Greater Taunton	508-824-3985
Reading	United Way of Mass Bay	617-482-1454
Revere	United Way of Mass Bay	617-482-1454
Rochdale	United Way of Central MA	508-755-1233
Rochester	United Way of Grtr New Bedford	508-994-9625
Rockland	Helpline	508-584-4357
Rockport	Not covered by any agency	
Rowe	Social Service Help	413-773-3574
Rowley	United Way of Merrimack Valley	508-682-5296
Royalston	Millers River Info & Ref	
Rutland	United Way of Central MA	508-755-1233
S. Acton	United Way of Mass Bay	617-482-1454
S. Ashburnham	United Way of North Central MA	508-345-1577
S. Catham	United Way of Cape Cod	800-462-8002
S. Chelmsford	United Way of Merrimack Valley	508-682-5296
S. Deerfield	Social Service Help	413-773-3574
S. Dennis	United Way of Cape Cod	800-462-8002
S. Duxbury	Helpline	508-584-4357
S. Easton	Helpline	508-584-4357
S. Grafton	United Way of Central MA	508-755-1233
S. Hadley	United Way of Mass Bay	617-482-1454
S. Hadley Falls	United Way of Mass Bay	617-482-1454
S. Hamilton	United Way of the Ctrl N.Shore	508-922-3966
S. Hanover	Helpline	508-584-4357
S. Hingham	United Way of Mass Bay	617-482-1454
S. Lancaster	WHEAT Community Services	508-365-6349
S. Swansea	United Way Infoline	508-674-1100
S. Walpole	Foxboro Human Services	508-543-7336
S. Yarmouth	United Way of Cape Cod	800-462-8002
Sagamore	United Way of Cape Cod	508-775-0464
Salem	United Way of Mass BAy	617-482-1454
Salisbury	United Way of Merrimack Valley	508-682-5296
Sand Hill	United Way of Mass Bay	617-482-1454
Sandwich	United Way of Cape Cod	800-462-8002
Saugus	United Way of Mass Bay	617-482-1454
Scituate	United Way of Mass Bay	617-482-1454

TOWN	AGENCY	PHONE
Seekonk	covered by Rhode Island	
Sharon	Foxboro Human Services	508-543-7336
Shawseen Vil	United Way of Merrimack Valley	508-682-5296
Sheffield	Berkshire United Way	413-442-4357
Shelburne Falls	Social Service Help	413-773-3574
Sherborn	United Way of Mass Bay I&R	617-482-1454
Shirley	United Way of North Central MA	508-345-1577
Shore Acres	United Way of Mass Bay	617-482-1454
Shrewbury	United Way of Central MA	508-755-1233
Shutesbury	Social Service Help	413-773-3574
Silver Lake	United Way of Merrimack Valley	508-682-5296
Somerset	United Way Infoline	508-674-1100
Somerville	United Way of Mass Bay	617-482-1454
Southampton	FIRST CALL For Help	413-256-0121
Southborough	United Way of Central MA	508-755-1233
Southbridge	United Way of Central MA	508-755-1233
Southwick	First Call/United Way	413-737-2712
Spencer	United Way of Central Mass	508-755-1233
Springfield	First Call/United Way	413-737-2712
Sterling	WHEAT Community Services	508-365-6349
Stockbridge	Berkshire United Way	413-442-4357
Stoneham	United Way of Mass Bay	617-482-1454
Stoughton	Helpline	508-584-4357
Stow	Not covered by any agency	
Sturbridge	United Way of Central Mass	508-682-5296
Sudbury	United Way of Mass Bay	617-482-1454
Sudbury Cen.	United Way of Mass Bay	617-482-1454
Sunderland	Social Service Help	413-773-3574
Swampscott	United Way of Mass Bay	617-482-1454
Taunton	United Way of Greater Taunton	508-824-3985
Teaticket	United Way of Cape Cod	800-462-8002
Tewksbury	United Way of Merrimack Valley	508-682-5296
Thorndike	First Call/United Way	413-737-2712
Three Rivers	First Call for Help	413-256-0121
Topsfield	United Way of Central N. Shore	508-922-3966
Touisset	United Way infoline	508-674-1100
Townsend	United Way of North Central MA	508-345-1577
Turner Falls	Social Service Help	413-773-3574
Tyngsboro	United Way of Merrimack Valley	508-682-5296
Upton	United Way of Central Mass	508-755-1233
Uxbridge	United Way of Central Mass	508-755-1233
Vineyard	United Way of Cape Cod	508-462-8002
W. Abington	Helpline	508-584-4357
W. Acton	United Way of Mass Bay	617-482-1454
W. Andover	United Way of Merrimack Valley	508-682-5296
W. Boylston	United Way of Central Mass	508-755-1233
W. Bridgewater	Helpline	508-584-4357
W. Brookfield	United Way of Central MA	508-755-1233
W. Chatham	United Way of Cape Cod	800-462-8002
W. Concord	United Way of Mass Bay	617-482-1454
W. Dennis	United Way of Cape Cod	800-462-8002
W. Falmouth	United Way of Cape Cod	800-462-8002

TOWN	AGENCY	PHONE
W. Foxboro	Foxboro Human Services	413-543-7336
W. Groton	United Way of North Central MA	508-345-1577
W. Hanover	Helpline	508-584-4357
W. Hyannsiport	United Way of Cape Cod	800-462-8002
W. Medway	Not covered by any agencies	
W. Newbury	United Way of Merrimack Valley	508-682-5296
W. Springfield	First Call/United Way	413-737-2712
W. Upton	United Way of Cnetral MA 01608	508-755-1233
W. Warren	First Call/United Way	413-737-2712
W. Yarmouth	United Way of Cape Cod	800-462-8002
Wakefield	United Way of Mass Bay	617-482-1454
Walpole	United Way of Mass Bay	617-482-1454
Waltham	United Way of Mass Bay	617-482-1454
Ware	First Call	413-256-0121
Wareham	United Way of Grtr New Bedford	508-994-9625
Warren	First Call	413-256-0121
Warwick	Millers River Info & Ref	508-249-4295
Watertown	United Way of Mass Bay	617-482-1454
Wayland	United Way of Mass Bay	617-482-1454
Webster	United Way of Central MA	508-755-1233
Wellesley	United Way of Central MA	508-755-1233
Wellfleet	United Way of Cape Cod	800-462-8002
Wendell	Millers River Info & Ref	508-249-4295
Wenham	United Way of Central N. Shore	508-922-3966
Westborough	United Way of Central Mass	508-755-1233
Westfield	First Call/United Way	413-737-2712
Westford	United Way of Merrimack Valley	508-682-5296
Westhampton	FIRST CALL For Help	413-256-0121
Westminster	United Way of North Central MA	508-345-1577
Weston	United Way of Mass Bay	617-482-1454
Westport	United Way Infoline	508-674-1100
Westwood	United Way of Mass Bay	617-482-1454
Weymouth	United Way of Mass. Bay	617-482-1454
Whalom	United Way of N. Central MA	508-345-1577
Whately	Social Service Help	413-773-3574
White Island Shores	Helpline	508-584-4357
Whitinsville	United Way central MA	508-755-1233
Whitman	Helpline	508-584-4357
Wilbraham	First Call/United Way	413-737-2712
Williamsburg	First Call for help	413-256-0121
Williamstown	Helpline	413-663-6555
Wilmington	United Way of Mass Bay	617-482-1454
Wilmington	United Way of Merrimack Valley	508-682-5296
Winchendon	United Way of greater Gardner	508-632-1350
Winchester	United Way of Mass Bay	617-482-1454
Winthrop	United Way of Mass Bay	617-482-1454
Woburn	United Way of Mass Bay	617-482-1454
Woods Hole	United Way of Cape Cod	800-462-8002
Worcester	United Way of Central MA	508-755-1233
Worthington	FIRST CALL For Help	413-256-0121
Wrentham	Foxboro Human Services	508-543-7336

SELF-HELP CLEARINGHOUSES IN THE NORTHEAST U.S.

AMERICAN SELF-HELP CLEARINGHOUSE
St. Clares-Riverside Medical Center
Denville NJ 07834
(201)-625-7101; TDD (201)-625-9053

CONNECTICUT
Connecticut Self-Help/Mutual Support Network
Consultation Center
19 Howe St. New Haven CT 06511
Vicky Spiro Smith (203)-789-7645

NEW HAMPSHIRE
New Hampshire Help Line
2 Industrial Park Drive Concord NH 03301
Kimberly A. Hemeon
(603)-225-9000 / 800-852-3388 // TDD - (603)-225-4033 / 800-992-3312

NEW JERSEY
New Jersey Self-Help Clearinghouse
St. Clares-Riverside Medical Center
Denville NJ 07834
Edward J. Madara, Director (201)-625-9565; 800-367-6274 (NJ)

NEW YORK
New York State Self-Help Clearinghouse
SUNY School of Social Welfare
Richardson Hall, 135 Western Ave.
Albany NY 12222
Linda Rotering, Director (518)-442-5337

Westchester Self-Help Clearinghouse
Westchester Community College
Academic/Arts Bldg.
75 Grasslands Ave. Valhalla NY 10595
Leslie Borck, Director (914)-347-3620

Brooklyn Self-Help Clearinghouse
Heights Hills Mental Health Service
30 Third Ave. Brooklyn NY 11217
Rose Langfelder, Director (718)-834-7341; 7373

Long Island Self-Help Clearinghouse
New York Institute of Technology
Central Islip Campus Central Islip NY 11722
Pat Verdino, Director (516)-348-3030
New York City Self-Help Clearinghouse, Inc.
PO Box 022812 Brooklyn NY 11202
Marilyn Ng-A-Qui, Director (718)-596-6000

PENNSYLVANIA

Self-Help Group Network of the Pittsburgh Area
1323 Forbes Avenue Pittsburgh PA 15219
Betty Hepner, Coordinator (412)-261-5363

Philadelphia Clearinghouse (planned)
c/o Self Help Institute
462 Monastery Ave. Philadelphia PA 19128
Gwen Olitsky, Contact person (215)-482-4316

Self-Help Information and Networking Exchange (S.H.I.N.E.)
Voluntary Action Center of NE Pennsylvania
225 N. Washington Ave. Park Plaza, Lower Level
Scranton PA 18503
Gail Bauer, Director (717)-961-1234

RHODE ISLAND

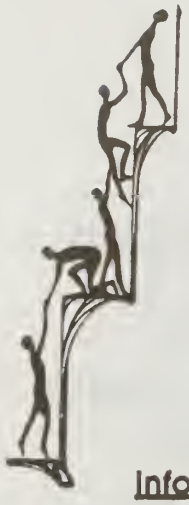
The Support Group Helpline
Rhode Island Department of Health
Cannon Building, Davis St. Providence RI 02908
Deborah Reavey, Contact Person (401)-277-2231

WASHINGTON, D.C., & VIRGINIA

Self Help Clearinghouse of Greater Washington
Mental Health Association
100 N. Washington St., Suite 232 Falls Church VA 22046
Lisa Saisselin, Coordinator (703)-536-4100

FOR SELF-HELP INFORMATION ON THE NATIONAL LEVEL:

National Self-Help Clearinghouse
Graduate School and University Ctr./CUNY
25 W. 43rd St., Room 620
New York NY 10036
Frank Riessman, Director (212)-642-2944



AMERICAN SELF-HELP CLEARINGHOUSE

St. Clares-Riverside Medical Center, Denville, N. J. 07834

Group Information: (201) 625-7101
T.D.D. line: (201) 625-9053
Administrative: (201) 625-9565

Clearinghouse Services

Information and Referral Services

For information on any group, phone us at **(201) 625-7101**, or via **T.D.D.** dial **(201) 625-9053**, any weekday between the hours of 9AM and 5PM Eastern time.

Staff and volunteers will seek to provide you with current information and contacts for any national self-help groups that deal with your particular concern. If no appropriate national group exists and you are interested in the possibility of joining with others to start a local group, we can often also provide you with information on model groups operating in other parts of the country, or individuals who are attempting to start such networks. We will also always provide you with information on any state or local self-help clearinghouse that may exist to serve your area. Such clearinghouses can often advise you of existing local groups that may not be part of a national self-help organization. Most clearinghouses can also provide varying degrees of assistance to individuals who want to start a local group.

For a free listing of phone contacts for self-help clearinghouses in the United States and Canada, please send us a stamped self-addressed envelope with your request.

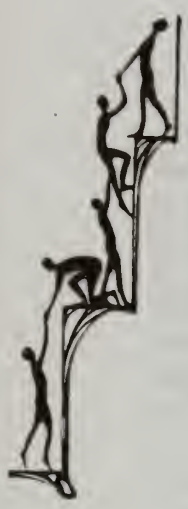
Consultation Service

If there is no group or support network that exists anywhere for your problem and you are interested in starting one, the Clearinghouse can help you with suggestions, materials, and other possible support, e.g., listing you and your interest on its computer database which is used by over a dozen self-help clearinghouses in the United States and Canada.

In any case, for a free handout on Ideas for Starting a Self-Help Group, simply send us a stamped self-addressed envelope with your request.

Self-Help Sourcebook

While information on any specific group is always available by phoning the Clearinghouse, the current Third Edition of The Self-Sourcebook (printed in September, 1990) provides information and contacts for over 600 national and model self-help groups, as well as contacts for local self-help clearinghouses, national toll-free numbers, and ideas and resources for starting a group. The Sourcebook is available for ten dollars, postpaid.



AMERICAN SELF-HELP CLEARINGHOUSE

St. Clares-Riverside Medical Center, Denville, N. J. 07834

Group Information: (201) 625-7101
T.D.D. line: (201) 625-9053
Administrative: (201) 625-9565

Self-Help Clearinghouses in the United States

(for help in finding or forming a Mutual Aid Self-Help Group)

California* 1-800-222-LINK (in CA only) - for verification, call (213) 825-1799
Connecticut (203) 789-7645
Illinois* 1-800-322-M.A.S.H. (in IL) - recently closed - call (708)328-0470 for update
Iowa 1-800-383-4777 (in Iowa) - (515-) 76-5870
Kansas 1-800-445-0116 (in KS) - (316) 689-3170
Massachusetts (413) 545-2313
Michigan* 1-800-752-5858 (in MI) - (517) 484-7373
Minnesota (612) 224-1133
Missouri, Kansas City (816) 561-HELP
Nebraska (402) 476-9668
New Jersey 1-800-FOR-M.A.S.H. (in NJ) - (201) 625-9565
New York State* 1-800-724-0152 (in NY) - (518) 442-5845
NY - Long Island (516) 348-3030
NY - Westchester (914) 347-3620
NC - Mecklenberg area (704) 331-9500
Ohio - Dayton area (513) 225-3004
Oregon - Portland area (503) 222-5555
PA - Pittsburgh area (412) 261-5363
PA - Scranton area (717) 961-1234
Rhode Island (401) 277-2231
SC - Midlands area (803) 791-9227
TN - Knoxville area (615) 584-6736
Texas* (512)454-3706
Greater Washington, DC (703) 941-LINK
*maintains listings of additional local clearinghouses operating within that state.

for national U.S. listings and directories:
American Self-Help Clearinghouse (201) 625-7101, TDD 625-9053;
National Self-Help Clearinghouse (212) 642-2944.

Self-Help Clearinghouses in Canada

Calgary (403) 262-1117
Halifax (902) 422-5831
Saskatchewan (306) 652-7817
Toronto (416) 487-4512
Vancouver (604) 731-7781
Winnipeg (204) 589-5500 or 633-5955
national newsletter, Initiative (613) 728-1865 (C.C.S.D. in Ottawa)

Other Helpful Organizations

O.D.P.H.P. National Health Information Clearinghouse, in U.S. 1-800-336-4797
National Organization for Rare Disorders, in U.S. 1-800-999-N.O.R.D.
Alliance of Genetic Support Groups (genetic illnesses), in U.S. 1-800-336-GENE

12/8/90

NATIONAL ORGANIZATIONS

Aging/Older Adults

American Association of Retired Persons (AARP)
National. 3500 Chapters. Founded 1958. Dedicated to helping older Americans achieve retirement lives of independence, dignity & purpose. Oldest & largest organization of people age 50 & over, retired or not.
Write: AARP, 1909 K St., NW, Washington, DC 20049.
Call (202) 872-4700.

A.I.D.S.

National Association of People With A.I.D.S.
102 Affiliated groups. Founded 1986. Network of persons with AIDS. Information sharing, collective voice for health, social & political concerns. Phone & mail networking, quarterly newsletter, speakers bureau.
Write: NAPWA, 2025 Eye St., NW, Suite 1118, Washington, DC 20006.
Call (202) 429-2856.

Alcoholism

Alcoholics Anonymous
International. 87,696 Groups. Founded 1935. Fellowship sharing experiences, strengths, and hopes with each other so they may solve their common problems and help each other recover from alcoholism. Newsletter. Group development guidelines. Pen pals, phone support network.
Write: Box 459, Grand Central Station, New York, NY 10163
Call (212) 686-1100.

Al-Anon Family Group
International. 27,000+ Groups. Founded 1951. Provides help for family members & friends of problem drinkers by offering comfort, hope & friendship through shared experiences. "Lone Member Letterbox" newsletter. "Al-Anon Speaks Out" newsletter for professionals. Guidelines for developing new groups.
Write: PO Box 862, Midtown Station, New York, NY 10018-6106.
Call (212) 302-7240 or 800-344-2666.

Alateen
International. 3,000+ Groups. Founded 1957. Fellowship of young Al-Anon members, usually teenagers whose lives have been affected by someone else's drinking. Adult member of Al-Anon serves as Sponsor for each group. Based on the Twelve Steps. Group development guidelines.
Write: Alateen, P.O. Box, 862 Midtown Station, New York, NY 10018-0862
Call (212) 302-7240 or 800-344-26666

Adult Children of Alcoholics
International. 1350+ meetings. Founded 1984. A 12-step, 12-tradition program of discovery & recovery for adults who realize that the characteristics which allowed them to survive as children in an alcoholic dysfunctional home now prevent them from fully experiencing life.
Write: PO Box 3216, Torrance, CA 90510

Alzheimer's Disease

The Alzheimer's Disease & Related Disorders Association.
National. 194 Chapters. Founded 1980. Information & assistance for caregivers of Alzheimer's patients. Quarterly newsletter. Chapter development kit.
Write: 70 E. Lake St., Suite 600, Chicago, IL 60601
Call (312) 853-3060, 800-621-0379, (within Illinois) 800-572-6037.

Anorexia/Bulimia

B.A.S.H. (Bulimia Anorexia Self-Help)
National. 1 Chapter. Founded 1981. Information & self-help groups for people with anorexia or bulimia and their families. Free literature, informal meetings & discussion groups led by trained peer facilitator. Monthly newsletter $25. Annual conference. Group facilitator's manual.
Write: 6125 Clayton Ave., Suite 215, St. Louis, MO 63139.
Call (314) 991-BASH or 800-BASH-STL.

Arthritis

Arthritis Foundation Support Groups
National. 72 Chapters. Founded 1948. Education, support and social activities for people with arthritis and their families and friends. Guidelines & Leader's Manual.
Write: 1314 Spring St., Atlanta, GA 30309.
Call (404) 872-7100.

Battering

Batterers Anonymous
National. 30 Chapters. Founded 1979. Self-help Program for men who wish to control their anger and eliminate their abusive behavior toward women. Group Development manual $9.95.
Write: 1269 N. "E" St., San Bernardino, CA 92405.
Call (714) 355-1100.

Blind/Visually Impaired

American Council of The Blind
National. 71 Affiliated groups. Founded 1961. Strives to improve the well-being of all blind & visually impaired people through education, support and advocacy. Annual national conference, information and referrals. Newsletter. Chapter development guidelines.
Write: 1010 Vermont Ave., NW, Suite 1100, Washington, D.C. 20005.
Call (202) 393-3666 or 800-424-8666.

Burn Victims

The Phoenix Society For Burn Survivors
International. 168 Chapters. Founded 1977. Recovered burn victims work with severely burned people and their families during and after hospitalization. Pen pal network, chapter starter kit, quarterly newsletter, phone work, national and international conferences, books, audiovisual materials.
Write: 11 Rust Hill Rd., Levittown, PA 19056
Call (215) 946-BURN or 800-888-BURN

Cancer

Candlelighters Childhood Cancer Foundation
International. 300 Groups. Founded 1976. Organization of self-help groups for parents of **children and adolescents with cancer.** Links parents, families & groups to share feelings exchange information, identify patient and family needs. Quarterly newsletter, youth newsletter, educational materials.
Write: 1312 18th st., N.W., 2nd floor, Washington, DC 20036-1808
Call (202) 659-5136.

Caregivers of Aging/Ill

Children of Aging Parents (C.A.P.S.)
National. Founded 1977. Provides support & guidance for all caregivers of the aged. Assists in formation of support groups. Quarterly newsletter, group starter packet & manual $25 + postage.
Write: 2761 Trenton Rd., Levittown, PA 19056.
Call (215) 945-6900

Child Abuse

Parents Anonymous
National. 1450 Chapters. Founded 1970. Professionally facilitated self-help groups for parents who are, or fear they may become abusive to their children. Leaders manual, chapter development manual. Many chapters also have children's groups.
Write: 6733 S. Sepulveda Blvd., #270, Los Angeles, CA 90045.
Call 800-421-0353.

Childbirth/Cesarean Birth

LaLeche League
International. 2800 Chapters. Founded 1956. Support & education for breast-feeding mothers. Group discussions, personal help, classes and conferences. Publishes literature on breast-feeding and parenting. Bimonthly newsletter, quarterly abstracts. Telephone support network.
Write: Box 1209, Franklin Park, IL 60131.
Call 800 LA-LECHE (between 9-3) or (708)-455-7730

International Childbirth Education Association, Inc.
300 Member groups. Founded in 1960. Individuals & groups committed to family-centered maternity care & the philosophy of freedom of choice based on knowledge of alternatives. ICEA network locates classes & birthing options. Newsletter, books & pamphlets.
Write: PO Box 20048, Minneapolis, MN 55420-0048.
Call (612) 854-8660.

Crime Victims/Offenders

Victims for Victims
National. 4+ Chapters. Founded 1983. Brings crime victims together to share their experiences, encourage each other, & work to expand victims' rights. Victims are matched with survivors of a similar crime for emotional support. Weekly support groups. Referrals to therapists. Training available for starting groups.
Write: 3941B So. Bristol, Suite 345, Santa Ana, CA 92704.
Call (714)-979-5001.

M.A.D.D. (Mothers Against Drunk Driving)
National. 380 Chapters. Founded 1980. Mobilizes victims and their allies to establish the public conviction that impaired driving is unacceptable and criminal, in order to promote corresponding public policies, programs & personal accountability. Newsletter, chapter development guidelines.
Write: MADD, 511 E. John Carpenter Freeway, Irving TX 75062
Call (214) 744-6233.

Deaf/Hearing Impaired/Tinnitus

National Association of the Deaf
National. 50 Chapters. Founded in 1880. Advocacy, support, & education for deaf and hard of hearing people, their families, & any concerned individuals. Information & referral, training programs. Newsletter, magazine, Junior N.A.D. for deaf youth.
Write: 814 Thayer Ave., Silver Spring, MD 20910.
Call (301) 587-1788.

American Society for Deaf Children
National. 120 Affiliates. Founded 1967. Information & support for parents & families with children who are deaf or hard of hearing. Bimonthly newsletter, telephone support network.
Write: 814 Thayer Ave., Silver Spring, MD 20910.
Call (301) 585-5400 Voice & TDD.

Self-Help for Hard of Hearing People, Inc. (SHHH)
International. 200+ Chapters. Founded 1979. A volunteer educational organization devoted to the welfare, interests of hard of hearing people, their families & friends. Bimonthly journal, local group & chapter referrals.
Write: 7800 Wisconsin Ave., Bethesda, MD 20814.
Call (301) 657-2248 or 657-2249 (TTY).

Death of a Child/Miscarriage

Compassionate Friends
National. 600 Chapters. Founded 1969. Offers support, friendship & understanding to parents & siblings bereaving the death of a child. Telephone support, information on the grieving process, monthly chapters meetings. National newsletter $10/year, sibling newsletter $5/year. Chapter leaders' manual. Resource library.
Write: PO Box 3696, Oak Brook, IL 60522-3696.
Call (708) 990-0010.

A.M.E.N.D.-Aiding Mothers & Fathers Experiencing Neo-natal Death
National. Founded 1974. Offers support & encouragement to parents having a normal grief reaction to the loss of their baby. One-to-one peer counseling with trained volunteers.
Write: Maureen Connelly, 4324 Berrywick Terr., St.Louis MO 63128.
Call (314) 487-7582.

National Sudden Infant Death Syndrome (SIDS) Fdn.
80+ Chapters. Founded 1962. Provides emotional support for families of SIDS victims through local chapters. Supports research, educates public. Newsletter, telephone support network, chapter development guidelines.
Write: 10500 Lirrlw Pruzwnr Pky. #420, Columbia, MD 21044-3505.
Call 800-221-SIDS. From within Maryland call (301)-459-3388.

Parents of Murdered Children
National. 300 Chapters and contact persons throughout the United States and Canada. Founded 1978. Provides self-help groups to support persons who survive the violent death of someone close, as they seek to recover. Newsletter, court accompaniment also provided in many areas.
Write: 100 E. Eighth St., B-41, Cincinnati, OH 45202.
Call (513) 721-5683.

Death of Loved One - Spouse

Widowed Persons Service
National. 230 Chapters. Founded 1973. A program run in cooperation with A.A.R.P. & local community groups, providing one-to-one peer support for widows and widowers. Provides manuals on starting support groups, quarterly newsletter, referral services & public education.
Write: 1909 K St., NW, Washington, DC 20049
Call (202) 728-4370

Death of A Loved One - Suicide

Survivors of Suicide (S.O.S.)
Model. Founded 1980. Helps families & friends of suicide victims cope with the sorrow & tragedy of suicide. Guidelines for starting groups.
Write: Sharry Schaefer, 3251 N. 78th St., Milwaukee, WI 53222
Call (414) 442-4638

Debt

Debtors Anonymous General Service Board
National. 150 groups. Founded 1976. Fellowship that follows the 12-Step Program for mutual help in recovering from compulsive indebtedness. Primary purpose of members to stay solvent & help other compulsive debtors achieve solvency. Newsletter, phone support network.
Write: Debtors Anonymous, PO Box 20322, New York, NY 10025-9992
Call (212) 642-8222

Disability - Physical

Spinal Cord Society
International. 175 Chapters. Organization of the spinal-injured, families and friends, dedicated scientists and physicians. Aims at ultimate goal of finding cure through improved treatment and research. Promotes public awareness & community outreach. Monthly newsletter. Contact Charles Carson, Spinal Cord Society, Fergus Falls, MN 56537, (218) 739-5252

Divorce/Separation

North American Conference of Separated & Divorced Catholics
National. 3000+ Groups. Founded 1975. Religious, educational & psychological aspects of divorce and remarriage are addressed through self-help groups, conferences and training programs. Families of all faiths are welcome. Group development guidelines. Newsletter. Membership dues $12.
Contact: Kathleen Kirchen, NACSDC, 1100 S. Goodman St., Rochester, NY 14620
Call (716) 271-1320

National Organization for Men
21 Chapters. Founded 1983. Seeks equal rights for men, uniform national divorce, custody, property & visitation law. Educational seminars. Quarterly newsletter.
Write: 381 Park Ave. S., New York, NY 10022
Call (212) 686-MALE

Drug Abuse

Narcotics Anonymous
International. 16,000 chapters. Founded 1953. Fellowship of men & women for whom drugs had become a major problem. Recovering addicts meet regularly to help each other stay clean. Monthly magazine Pen pal program, group development guidelines, literature in Braille, 7 languages, audio-tapes.
Write: PO Box 9999, Van Nuys, CA 91409
Call (818) 780-3951

T.R.A.N.X. (National Tranquillizer Advice Center)
Founded 1982. Self-help groups, information, advice, phone support, and referrals for people dependent on minor tranquilizers. Quarterly newsletter.
Write: 25 A Masons Ave., Wealdstone, Harrow, Middlesex, HA3 5AH, United Kingdom.
Call 01-427-2065 or 01-427-2827

Epilepsy

Epilepsy Foundation of America
National. 84 Affiliates. Founded 1967. Information and support for people with epilepsy, their families and friends. Pharmaceutical program, newsletter. Affiliates' development kit. Referrals to local affiliates, (many of which have employment related programs). Information re: legal rights.
Write: Epilepsy Foundation of America, 4351 Garden City Dr., Landover, MD 20785
Call (301) 459-3700

Foster Parents/Children

National Foster Parent Association, Inc.
Support, education and advocacy for foster parents and their children. Resource center for foster care information. Bi-monthly newsletter. National conference annually. Chapter development guidelines.
Write: 226 Kilts Dr., Houston TX 77024
Call (713) 467-1850

Gambling

Gamblers Anonymous
International. 1200 Chapters. Founded 1957. Fellowship of men & women who share experiences, strength & hope with each other to recover from compulsive gambling, following a 12-step program. Chapter development kit. Monthly bulletin for members.
Write: PO Box 17173, Los Angeles CA 90017
Call (213) 386-8789

Head Injury

National Head Injury Foundation
42 Chapters. Founded 1980. For survivors of head injuries, their families and interested professionals. Mutual support, education, advocacy & public education. Quarterly newsletter, chapter development guidelines.
Write: 333 Turnpike Rd., Southboro MA 01772
Call 1-800-444-NHIF

Heart

Mended Hearts
National. 200 Chapters. Founded 1951. Self-help groups for persons who have heart disease, their families, friends and other interested persons. Quarterly newsletter. Chapter development kit.
Write: 7320 Greenville Ave., Dallas TX 75231
Call (214) 706-1442

Infertility

Resolve
National. 52 Chapters. Founded 1973. Emotional support & medical referrals for infertile couples. Peer counseling, education for members & public. Chapter development kit, newsletter 5x/year.
Write: 5 Water St., Arlington MA 02174
Call (617) 643-2424

Learning Disabilities

Learning Disability Association of America
National. 800 Chapters. Founded 1963. Organization formed by concerned parents, devoted to defining & finding solutions for the broad spectrum of learning problems. Information & referrals, advocacy. Bi-monthly newsletter. Chapter development guidelines.
Write: Jean Peterson, Executive Director, 4156 Library Rd. Pittsburgh, PA 15234
Call (412) 341-1515

ADIH - Attention Deficit Information Network
Model. Founded 1984. Mutual support for parents of children with attention deficit disorder. Education, information & sharing of ideas for parents, educators & medical personnel. Group starter kit available $15.
Write: Judy Mitchell, ADIN, PO Box 790, Plymouth MA 02360-0013
Call (508) 747-5180

Lupus

The Lupus Foundation of America, Inc.
National. 104 Chapters. Founded 1977. Provides information & materials about lupus, services to people with lupus and their families. Conducts education and research programs. Membership & newsletter available through local chapters.
Write: 1717 Massachusetts Ave.,NW, Suite 203, Washington DC 20036
Call 800-558-0121

Manic-Depression/Depression

Helping Hands
Model. Run by and for people with manic-depressive or schizophrenic disorders or clinical depression. Provides support in personal growth, information about facilities; public education and awareness; informal correspondence network.
Write: c/o Rita Martone, 86 Poor St., Andover MA 01810
Call (617) 475-3388

Marriage

Association of Couples for Marriage Enrichment
Founded 1973. Network of couples who want to enhance their own relationship as well as help strengthen marriages of other couples. Local chapters sponsor support groups, retreats, workshops. Monthly newsletter. Leadership training, conferences.
Write: PO Box 10596, Winston-Salem NC 27108
Call (919) 724-1526

Mastectomy/Breast Cancer

Y-Me National Organization for Breast Cancer Information & Support
Founded 1978. Information & peer support for breast cancer patients and their families during all stages of the disease. Hotline, newsletter, group development guidelines, conferences.
Write: 18220 Harwood Ave., Homewood IL 60430
Call 800-221-2141

S.H.A.R.E. (Self-Help for Women With Breast Cancer)
Model. Going National. Founded 1976. Self-help organization serving women faced with the emotional, social & non-medical problems of breast cancer. Support groups led by trained leaders who have had breast cancer. Educational programs open to everyone.
Write: S.H.A.R.E., 19 W. 44th St., New York NY 10036-5902
Call (212) 719-0364

Mental Health - General

Recovery, Inc.
National. 950 Chapters. Founded 1937. A community mental health organization that offers a self-help method of will training; a system of techniques for controlling temperamental behavior & changing attitudes toward nervous symptoms & fears. Newsletter, chapter development guidelines, phone network, films/videotapes.
Write: 802 N. Dearborn St., Chicago IL 60610
Call (312) 337-5661

Emotions Anonymous
National. 1500 Chapters. Founded 1971. Fellowship sharing experiences, hopes and strengths with each other, using 12 step program, in order to gain better emotional health. Quarterly newsletter, "E.A. Loner's" pen pal program. Chapter development guidelines.
Write: PO Box 4245, St. Paul MN 55104
Call (612) 647-9712

Mental Health Consumers

National Association of Psychiatric Survivors
Founded 1985. To further the development of user-controlled alternatives to the mental health system including self-help groups and to link these groups. Aims to improve quality of life for current & former mental patients. Group development guidelines.
Write: PO Box 618, Sioux Falls SD 57101
Call (605) 334-4067

Mentally Ill - Families of

National Alliance for the Mentally Ill
900 Affiliates. Founded 1976. Network of self-help-groups for relatives of the seriously mentally ill. Emotional & educational support. Quarterly newsletter. Affiliate development guidelines.
Write: NAMI, 2101 Wilson Blvd., #302, Arlington VA 22201-3008
Call (703) 524-7600

Siblings and Adult Children's Network.
National. 100 groups. Founded 1982. Support & information for siblings and children of persons with mental illness. Quarterly newsletter. How-to packet on starting a group, $10. Information & referrals. Conferences.
Write: SAC Network/NAMI, 2101 Wilson Blvd., Suite 302, Arlington, VA 22201
Call (703) 524-7600

Mental Retardation/Developmental Disability

Association for Retarded Citizens
National. 1300 Chapters. Founded 1950. Provides support for people with mental retardation and their families. Advocacy groups and direct services. Bimonthly newsletter. Chapter development guidelines.
Write: 2501 Avenue J, Arlington TX 76006
Call (817) 640-0204

National Down Syndrome Congress
500 Chapters. Founded 1974. Support, information & advocacy for families affected by Down Syndrome. Promotes research & public awareness. Serves as clearinghouse & network for parent groups. Newsletter. Pen pal program, phone support, chapter development guidelines.
Write: 1800 Dempster St., Park Ridge IL 60068-1146
Call 1-800-232-NDSC; or in IL (312) 823-7550

Multiple Sclerosis

National Multiple Sclerosis Society
700 support groups. Founded 1946. Funds research in multiple sclerosis, provides information & referrals, support groups for patients & families, professional education. Newsletter.
Write: 205 East 42nd St., New York NY 11791
Call 1-800-624-8236 for general information package
or 1-800-227-3166 (btwn 10-5 M-F) for other information

Obsessive-Compulsive Disorder

Obsessive-Compulsive Anonymous
National. 15 affiliated groups. Founded 1988. Twelve-step self-help group for people with obsessive-compulsive disorder. Assistance available for starting groups.
Write: PO Box 215, New Hyde Park NY 11040
Call (516) 741-4901

Ostomy

United Ostomy Association
National. 650 Chapters. Founded 1962. Dedicated to helping every person with an ostomy and related surgeries return to normal living. Provides education, support to local chapters, and national identity. Monthly newsletter, chapter development help, visitation program.
Write: 36 Executive Park, #120, Irvine CA 92714-6744
Call (714) 660-8624

Overweight

Overeaters Anonymous
National. 8500 Chapters. Founded 1960. A 12-step fellowship who meet to help one another understand & overcome compulsive eating disorders. Also groups and literature for teens. Monthly magazine, bimonthly newsletter, chapter development guidelines.
Write: PO Box 92870, Los Angeles CA 90009
Call (213) 542-8363

Pain/Headache

American Chronic Pain Association, Inc.
377 Chapters. Founded 1980. Help for people suffering from chronic pain. Support, understanding & sharing skills to maintain wellness. Workbook for self-help recovery. Quarterly newsletter. Group development guidelines. Phone network. Outreach program to clinics.
Write: PO Box 840, Rocklin CA 95677
Call (916) 632-0922

Parenting - Single Parents

Parents Without Partners
National. 735 Chapters. Founded 1957. Educational non-profit organization of single parents. While most members are divorced, some chapters do have special discussion groups for widowed persons. Newsletter. Single parent magazine, chapter development guidelines. Membership dues. Write: 8807 Colesville Rd., Silver Spring MD 20910 or call (301) 588-9354 or 800-637-7974

Parenting - Stepparenting

Stepfamily Association of America, Inc.
75 Chapters. Founded 1979. Information and advocacy for step- families. Self-help programs through local chapters, educational resources. Quarterly Bulletin. Annual national conference. Chapter start-up information available. $2 donation requested for basic information packet.
Write: 602 E. Joppa Rd., Baltimore MD 21204
Call (301) 823-7570

Parents of Premature/High-Risk Infants

Parents of Prematures
Model. Founded 1973. For parents who have experienced the birth and hospitalization of a premature or sick infant. Emotional & educational support, monthly newsletter. Guidelines available for setting up local groups, $3.
Write: PO Box 3046, Kirkland WA 98083
Call (206) 283-7466

Parents Troubled by Teenage Behavior

Tough Love
International. 2000 Groups. Founded 1980. Self-help program for parents, kids & communities, for dealing with the out-of-control behavior of a family member. Parent support groups help parents take a firm stand to help kids take responsibility for their behavior. Quarterly newsletter. Guidelines for starting groups.
Write: Tough Love, Box 1069, Doylestown PA 18901
Call (215) 348-7090

Parkinson's Disease

Parkinson's Educational Program
National. 400+ groups. Founded 1981. Information & support for Parkinson's families. Education for medical professionals. Free literature, referrals to groups & physicians, regional conferences, monthly newsletter $25.
Write: 1800 Park Newport #302, Newport Beach CA 92660
Call 1-800-344-7872

Phobia

Anxiety Disorder Association of America
National. Founded 1980. Promotes welfare of people with phobias and related anxiety disorders. An organization for consumers, health care, professionals and other concerned individuals. National Treatment Directory. Write: 6000 Executive Blvd. #200, Rockville MD 20852-3883 or call (301) 231-9350

Sexual Abuse/Incest/Rape

Incest Survivors Anonymous
International. 220 Affiliated groups. Founded 1980. Based on the 12 Steps and 12 Traditions of A.A. Members meet to share their experience, strength & hope, so that they may recover from their incest experiences and break free to a new peace of mind. Assistance in starting groups.
Write: PO Box 5613, Long Beach CA 90805-0613 Send SASE.
Call (213) 428-5599.

Parents United
National. Over 150 chapters. Founded 1972. Has mutual support groups for parents whose children have been sexually abused, as well as for adults who were molested as children. Chapter development guidelines and training available for professionals wishing to start groups. (Please note that most Parents United groups are free professionally-run mutual support groups, not member-run self-help groups.)
Write: PO Box 952, San Jose CA 95108
Call (408) 453-7616

Sexuality

National Gay & Lesbian Task Force
Founded 1973. Advocacy & lobbying for the rights of lesbians & gay men. Technical assistance for local gay groups. Information & referral to gay & lesbian organizations nationwide. Education to raise public awareness. Newsletter.
Write: 1517 U Street, NW, Washington DC 20009
Call (202) 332-6483 Crisis line 1-800-221-7044

Federation of Parents & Friends of Lesbians & Gays (Parents FLAG)
National. 200 Chapters. Founded 1981. Helps families to understand gay family members, committed to educating the community at large. Parent support groups, educational outreach, quarterly newsletter, chapter development guidelines.
Write: PO Box 20308, Denver CO 80220
Call (303) 321-2270

Speech/Stuttering

National Stuttering Project
80+ Groups. Founded 1977. Self-help chapter meetings provide supportive environment where people who stutter can learn to communicate more effectively. Monthly newsletter, group development guidelines.
Write: 4601 Irving St. San Francisco CA 94122.

Women

National Organization for Women
800+ Chapters. Founded 1966. Men & Women committed to equal rights. Advocacy, educational meetings & national newsletter. Chapter development guidelines.
Write: 1000 16th St. N.W., Suite 700, Washington DC 20036
Call (202) 331-0066

Youth/Students

Students Against Driving Drunk (S.A.D.D.)
16,000 Affiliated groups. Founded 1981. To help eliminate drunk driving, alert students to dangers of drinking & driving, & to organize peer counseling programs for students concerned about alcohol & drugs. Newsletter, group development guidelines. Special program: "Student Athletes Detest Drugs."
Write: PO Box 800, Marlboro MA 01752
Call (617) 481-3568

Other Health Problems

American Diabetes Association
800+ Affiliates. Founded 1941. To improve the well-being of people with diabetes & their families. Newsletter.
Write: 1660 Duke St., Alexandria VA 22314
Call 1-800-232-3472

Chronic Fatigue Immune Dysfunction Syndrome Society
National. For persons with chronic fatigue syndrome (or chronic Epstein Barr Virus), their families, friends and interested physicians. Acts as clearinghouse for information, promotes research, helps develop local support groups. Quarterly newsletter, group development guidelines.
Write: (CFIDSS) PO Box 230108, Portland OR 97223
Call (503)-684-5261

About Face
National. Groups forming. Founded 1987. Links together people with facial disfigurement. Support for patient's families & professionals. Newsletter. Resource list with membership.
Write: Box 711, Concord MA 01742
Call (508) 371-3186

Huntington's Disease Society of America
National. 31 chapters. Founded 1967. Maintains chapters that offer support groups to patients & families. Supports research, provides educational materials to professionals & public. Quarterly newsletter. Chapter development guidelines.
Write: 140 W. 22nd St., 6th Floor, New York, NY 10011
Call (212) 242-1968 or 1-800-345-HDSA

National Reye's Syndrome Foundation
140 Affiliates. Founded 1974. Devoted to conquering Reye's Syndrome, a children's disease affecting the liver & brain, encourages research, provides support, information & referrals to families. Local chapters usually formed by parents. $25 dues includes newsletter.
Write: 426 North Lewis St., Bryan OH 43506
Call 1-800-233-7393. In Ohio call 1-800-231-7393

Spina Bifida Association of America
National. 110 chapters. Founded 1972. Encourages educational & vocational development of patients. Newsletter, chapter development guidelines.
Write: 1700 Rockville Pike, Suite 540, Rockville MD 10852
Call 1-800-621-3141 or (301) 770-SBAA

Jaw Joints & Allied Musculo-Skeletal Disorders Foundation, Inc.
National. Founded 1982. Organization providing support & education about TMJ Syndrome. Support groups, seminars, advocacy, newsletter. 12 page booklet, please send $5 donation.
Write: Forsyth's Research Institute, 140 The Fenway, Boston MA 02115
Call (617) 266-2550 or 262-5200 X 265

Miscellaneous

Fundamentalists Anonymous
National. 50 Chapters. Founded 1985. Provides support & guidance for dissatisfied fundamentalists who want to get out of fundamentalism. Public education on dangers posed by fundamentalism. Bimonthly newsletter, chapter development guidelines.
Write: PO Box 20324, Greeley Square Station, New York NY 10001
Call (212) 696-0420

National Organization for Rare Disorders (NORD)
Acts as a clearinghouse for information about rare disorders and to network families with similar disorders together for mutual support. Accumulates and disseminates information about Orphan Drugs and Devices, making known their availability to patients, physicians and other concerned parties.
Write: NORD, PO Box 8923, New Fairfield CT 06812
Call (203) 746-6518

Workaholics Anonymous
Model. Founded 1983. For men & women who feel their work lives have gotten out of control. Also for affected family members & friends. Mutual support in solving problem of compulsive over-working. Weekly meetings.
Write: c/o Westchester Self-Help Clearinghouse, Westchester Community College, 75 Grasslands Rd., Valhalla NY 10595
Call (914) 235-6026.

TOLL-FREE NATIONAL 800 HELPLINES

AGENT ORANGE 800-225-4712 Veteran Payment Program.

ADOPTION 800-TO-ADOPT (M-F 9-5) Nat'l Adoption Center.

AEROBICS 800-BE-FIT-86 (M-F 10-5) Aerobics Fitness Assn.

AIDS 800-458-5231 (M-F 7-9) Nat'l AIDS Information Clearinghouse; 800-221-7044 (M-F 5-10, Sat 1-5); Nat'l Gay/Lesbian Health Crisis.

ALCOHOL 800-356-9996 (24 hrs.) Al-Anon Family Group Headquarters; 800-ALCOHOL (24 hrs.) Doctor's Hospital, Worcester; 800-NCAA-CALL (24 hrs.) National Council on Alcoholism referrals.

ALZHEIMER'S 800-621-0379, 800-572-6037 in IL (M-F 10-6) Alzheimer's Disease and Related Disorders Association.

ANOREXIA/BULIMIA 800-BASH-STL Bulimia Anorexia Self-Help; 800-33-ABTEC Mercy Hospital, MD.

ATTORNEY 800-624-8846 Attorney Referral Network.

AUTISM 800-4-AUTISM (M-F 8-5) Autism helpline.

AUTO SAFETY DEFECTS 800-424-9393, TTY 800-424-9253 Nat'l Highway Traffic Safety Administration.

BANKING COMPLAINTS 800-424-5488 (M-F 8:30-5:45) F.D.I.C.

BEREAVEMENT 800-445-4808 (M-F noon -8PM) Grief Recovery Institute helpline.

BLIND & VISUALLY IMPAIRED 800-424-8666 (M-F 9-5) American Council of the Blind; 800-424-9100 Library of Congress services; 800-AF-BLIND, American Foundation for the Blind; 800-221-4792, cassette tapes, Recording for the Blind, Inc.; 800-225-0227 (then dial 994-610) Nat'l Assn Parents of Visually Impaired.

CANCER 800-4-CANCER (24 hrs.) National Cancer Institute; 800-525-3777 (M-F 11:30-8) American Medical Center Cancer Research; 800-221-2141 Y-Me Breast Cancer Support Program.

CEREBRAL PALSY 800-USA-1-UCP United Cerebral Palsy.

CHILD ABUSE 800-422-4453 (24 hrs.) Child Help U.S.A.; 800-421-0353, 800-352-0386 In CA - Parents Anonymous groups.

CLEFT PALATE 800-24-CLEFT (M-F 8-4) Nat'l Cleft Palate Assn.

COCAINE 800-Cocaine (24 hr) Fair Oaks Hospital, Summit, NJ.

CONSUMER PRODUCT COMPLAINTS 800-638-2772 (M-F 8:30-5) U.S. Consumer Products Safety Commission; 800-621-0477 (M-F 8:30-5:30) complaints regarding major appliances.

COOLEY'S ANEMIA 800-221-3571 Cooley's Anemia Foundation.

CORNELIA DE LANGE SYNDROME 800-223-8355 CLS Fdn.

CYSTIC FIBROSIS 800-FIGHT-CF (M-F 8:30-5:30) CF Foundation.

DIABETES 800-223-1138 (M-F 9-5) Juvenile Diabetes Fdn.; 800-232-3472 American Diabetes Foundation.

DISABILITIES - 800-54-HEATH post secondary ed. opportunities; 800-526-7234 (M-F 8:30-4:30) job accommodation; 800-248-ABLE (M-F 9-5:30) community projects & networking, Nat'l Organization on Disability (N.O.D.); 800-34-NARIC Voice / TDD (M-F 9-5) Info on rehabilitation devices, National Rehabilitation Information Center; 800-327-5892 special computer software.

DISCRIMINATION IN HOUSING 800-424-8590 (M-F 9-5); 800-368-1019 discrimination by any Federally funded facility.

DOMESTIC VIOLENCE 800-333-SAFE (24 hrs) National Coalition Against Domestic Violence.

DOWN SYNDROME 800-221-4602 Nat'l Down Syndrome Society; 800-232-NDSC Nat'l Down Syndrome Congress.

DRUG ABUSE 800-662-HELP (M-F 9AM-3AM, S-S 12-3AM) referrals, Nat'l Institute on Drug Abuse; 800-554-KIDS, (M-F 9-5) National Federation of Parents for Drug-Free Youth; 800-241-7946 (M-F 8:30-5) Nat'l Parents Resource Institute for Drug Education, Inc.; 800-638-2045, 301-443-2450 in MD (M-F 8-4:30) Nat'l Institute on Drug Abuse Prevention; 800-258-2766 Just Say No Clubs.

DYSLEXIA 800-ABCD-123 (M-F 9-5) Orton Dyslexia Society.

EDUCATION 800-638-9675, 301-997-9300 in MD & AK (M-F 10-4)parents & public schools, Nat'l Committee for Citizens in Ed.

ENDOMETRIOSIS 800-992--ENDO (24 hrs.) Endometriosis Assn.

ENERGY 800-523-2929 (M-F 9-5) Energy conservation answers.

EPILEPSY 800-332-1000 (M-F 9-6) Epilepsy Found. of America.

FACIAL DISFIGUREMENT / SURGERY 800-332-FACE (24 hr) Am. Academy of Facial, Plastic, & Reconstructive Surgeons; 800-535-3643 Nat'l Craniofacial Foundation.

HEAD INJURY 800-444-NHIF National Head Injury Foundation.

HEADACHE 800-843-2256 National Headache Foundation.

HEALTH 800-336-4797 (M-F 8:30-5) Nat'l Health Information Clearinghouse, US Office of Disease Prevention & Health Promotion; 800-922-9234 (M-F 8:30-5 voice & TDD) Nat'l Info. System for Health Related Services, Univ. of South Carolina; 800-621-8094 recorded news messages, American Medical Assn.

HEARING / COMMUNICATION HANDICAPS 800-424-8576, 703-642-0580 in VA (M-F 9-5) Better Hearing Institute; 800-638-8255, 301-897-8682 in MD, TDD same numbers (M-F 8:30-4:30) career advice, National Association for Hearing and Speech; 800-237-6213 (M-F 9-5) captioned film loans for deaf /hearing-impaired, US Dept. of Ed.; 800-446-9876 (TTY / Voice) (24 hrs) crisis line to report health-related emergencies, National Crisis Center for the Deaf; 800-835-DEAF (M-F 9-5) Deafness Research Fdn.

HEART Heart Line 800-241-6993 (M-F 9-4) Heart Life.

HERPES 800-227-8922 (M-F 2pm-2am) Herpes Resource Center.

HISTIOCYTOSIS 800-548-2758 Histiocytosis Assn. of America.

HOSPICES 800-331-1620 (M-F 9-4) Hospice Education Institute.

HOSPITAL CARE - 800-237-5055 (M-F 8-5) children, orthopedic care & burn treatment, Shriner's Hospital Referral line.

HUNTINGTON'S DISEASE 800-345-4372(M-F 9-5) H.D.Society.

INCONTINENCE 800-23-SIMON, Simon Foundation.

KIDNEY 800-638-8299 (M-F 8-5:30) American Kidney Fund.

LAMAZE CHILDBIRTH 800-368-4404, A.S.P.O. - LaMaze.

LEGISLATION - 800-424-9602 (M-F 9-5) federal legislation concerning children, Children's Defense Fund.

LITERACY 800-228-8813 (M-F 9-6, Sat 9-1) Coalition for Literacy.

LUPUS 800-558-0121 (M-F 10-5:30) Lupus Foundation.

MEDICARE 800-462-9306 (M-F 9-4:30).

MISSING CHILDREN 800-843-5678 (M-F 7am-midnight, Sat 10-6) National Center for Missing and Exploited Children; 800-235-3535 (24 hrs.) The Missing Children Network; 800-KIDWATCH (24 hrs.) Am. Child Protective Assn.; 800-I-AM-LOST Childfind.

MOTHERS CENTER DEVELOPMENT 800-645-3828 Mothers Center Development Project.

MULTIPLE SCLEROSIS 800-624-8236 Nat'l M.S. Society.

NEUROFIBROMATOSIS 800-323-7938 Nat'l N.F. Foundation.

ORGAN DONOR 800-24-DONOR (24 hrs.) Living Bank.

PARENTS 800-421-0353 for those losing their temper with their kids, Parents Anonymous; 800-NETWORK, resources pertaining to children in public schools, Nat'l Committee for Citizens in Education.

PARKINSON'S DISEASE 800-344-7872 (M-F 10-7) Parkinson's Educational Program; 800-233-APDA, Am. Parkinson Disease Assn; 800-327-4545 (M-F 8-5) Nat'l. Parkinson Fdn.

PESTICIDES 800-858-7378 (24 hrs.) Gathers and disseminates information on pesticides, Environmental Protection Agency.

PMS 800-222-4-PMS premenstrual syndrome, Madison Pharmacies.

RADON 800-334-8571 ext. 7131 (M-F 8:30-5) Federal E.P.A.

RARE ILLNESS 800-999-NORD National Org. for Rare Disorders; 800-456-3505 Nat'l Information Center for Orphan Drugs & Rare Illnesses.

RESPIRATORY 800-222-LUNG (M-F 10:30-7) Nat'l Asthma Center

RETINITIS PIGMENTOSA 800-638-2300 (M-F 8:30-5) National Retinitis Pigmentosa Foundation.

REYES SYNDROME 800-233-7393 (M-F 8:30-5) National Reyes Syndrome Foundation.

RUNAWAYS 800-621-4000 (24 hrs.) National Runaways. Switchboard, MetroHelp, Inc.; 800-231-6946 (24 hrs.) Criminal Justice Dept. of Texas Governor's Office.

SCLERODERMA 800-722-HOPE, United Scleroderma.

SICKLE CELL 800-421-8453 Nat'l Assn. for Sickle Cell.

SMALL BUSINESS ADMINISTRATION 800-368-5855 (M-F 9-5)

SOCIAL SECURITY 800-272-1111 (M-F 8:30-5) S.S. Admin.

SPECIAL EDUCATION 800-345-TECH (M-F 1-6) video and audio technology , U.S. Dept. of Education.

SPINA BIFIDA 800-621-3141 (M-F 9-5) Spina Bifida Assn.

SPINAL CORD INJURY 800-962-9629 Nat'l Spinal Cord Injury Assn; 800-526-3456, 800-638-1733 in MD (M-F 8-4) Maryland Institute for Emergency Medical Service Systems; 800-624-1698 (M-F 11:30-8) Equipment & programs, Neurological Recovery Foundation.

STROKE 800-553-6321 Courage Stroke Network.

SUDDEN INFANT DEATH SYNDROME 800-221-SIDS, National SIDS Foundation; 800-638-7437 (24 hrs.) National Center for the Prevention of SIDS.

SURGERY 800-638-6833 (8 am-12 midn) second opinion referrals, U.S. Dept. of Health & Human Services.

TALL PERSONS 800-521-2512 Tall Clubs International.

TAXES - Federal 800-424-1040 (M-F 8:15-4:15) I.R.S. Service.

TOURETTE SYNDROME 800-237-0717 Tourette Syndrome.

TRAUMA 800-556-7890 American Trauma Society.

USHERS SYNDROME 800-638-2300 R.P. Foundation.

V.D. 800-227-8922 (M-F 2am-2pm) American Social Health Assn.

VETERANS 800-242-5867 (M-F 8-4:30) Veterans Administration.

VISTA 800-424-8867 (M-F 8-5) VISTA Volunteer information.

WOMEN'S SPORTS 800-227-3988 Women's Sports Foundation.

YOUTH 800-999-9999 (24 hrs.) on problems of drugs, run-aways and homeless youth - Convenant House.

From: The Self-Help Sourcebook, 3rd Edition
Self-Help Clearinghouse
Saint Clares-Riverside Medical Center
Denville NJ 07834

INFORMATION & REFERRAL

These are agencies whose primary function is to provide general information and referral services regarding human service providers in their geographic areas. Specialized information and referral specific to particular service fields is available from the service providers listed in the Information & Referral subheading in almost every MAJOR SECTION.

GREATER BOSTON

Boston Mayor's Office of Constituent Service 617- 725-4500
Boston City Hall, Boston
CODE 508-263-8777
2 School St., S. Acton 508-486-3130
Community Information Service 617-944-0840
64 Middlesex Rd., Reading
CONTACT Help Lines of Greater Boston 617-244-4350
PO Box 287, Newtonville, *See displays in Counseling/Mental Health and in Disabilities* (TTY) 617-332-9416
Family Connection 617-323-0300
4256 Washington, Roslindale
Harbor Area Information Center 617-727-7107
25 Staniford, Boston
Jewish Community Information Service 800-242-4104
617-227-6641
31 New Chardon, Boston 800-CHAI-104
See display this section
Jewish Family Service of Greater Framingham
Info and Referral Service 508-879-3303
76 Salem End Rd., Framingham
Mass. Office of the Secretary of State
Citizen Information Service 617-727-7030
One Ashburton Pl. – Room 1611, Boston 800-392-6090
Info on state govt/legislation/regulations, See display this section
State Bookstore 617-727-2834
State House – Room 116, Boston, *Copies of laws and state agency regulations, See display this section*
U.S. General Services Administration
Federal Information Center 617-565-8121
10 Causeway St., Boston
United Way
Info and Referral of Greater N. Shore 617-599-6800
2 Liberty Sq., Boston
Information and Referral 617-482-1454
Two Liberty Sq., Boston
WBZ Call for Action 617-787-2300
1170 Soldiers Field Rd., Boston

NORTHEASTERN MASSACHUSETTS

Answers
Memorial Hall Library 508-470-1184
Elm Sq., Andover
Greater Lawrence Community Action Council, Inc.
Social Services Division 508-686-3996
350 Essex St., Lawrence, *Info and Referral for the Greater Lawrence Region*
North Shore Catholic Charities 508-532-3600
3 Margin St., Peabody

SOUTHEASTERN MASSACHUSETTS

Brockton Area Helpline 508-584-4357
837 North Main, Brockton
Catholic Social Services 508-771-6771
261 South St., Hyannis
P.A.C.E. 508-999-9920
166 William St., New Bedford
United Way of Cape Cod 508-775-4746
48 Camp St., Hyannis 508-775-0464

CENTRAL MASSACHUSETTS

Montachusett Opportunity Council 508-342-7013
66 Day St., Fitchburg
Tri-Link
Info and Referral 508-765-9101
51 Everett St., Southbridge
United Way
First Call 508-755-1233
484 Main St., Worcester
United Way of North Central Mass. 508-345-1577
915 South St., Fitchburg

WESTERN MASSACHUSETTS

AWARE Project 413-499-2425
(24 hr) 413-528-2327
146 First St., Pittsfield 413-663-9709
First Call for Help/Direct Information Service
Jones Library 413-256-0121
43 Amity St., Amherst 800-282-7779
North Adams Help Line 413-663-6555
111 Main St., North Adams
Social Services Help 800-322-0270
39 Federal St., Greenfield
Spanish American Union 413-734-6451
2595 Main St., Springfield
United Way 413-532-3232
316 High St., Holyoke
First Call 413-737-2712
184 Mill St., Springfield

From: Human Service Yellow Pages of Massachusetts 1989

OTHER INFORMATION & REFERRAL AGENCIES

Boston:	Boston Senior Home Care, 6 St. James St. 02116 (617) 451-6400
Boston:	Dana Farber Cancer Inst. -Cancer Info. Service, 44 Binney St. 02115 (617) 732-3154
Boston:	Legal Advocacy & Resource Center, 16 Beacon St. 02108 (617) 742-9179
Boston:	The Teen Line-Department of Health and Hospitals, ACC2, 8118 Harrison Avenue 02118 (617) 534-5089
Boston:	Traveler's AID Society of Boston, 711 Atlantic Ave. at 17 East St. 02111 (617) 542-7286
Braintree:	South Shore Elder Services, 639 Granite St., 02184 (617) 848-3910
Brockton:	HelpLine - Brockton Visiting Nurse Assoc., 47 West Elm St. 02401 (617) 838-6666
Burlington:	Minuteman Home Care, 24 Third Ave. 01803 (508) 263-8720
Cambridge:	Cambridge Council on Aging, 51 Enman St. 02139 (617) 349-6220
Canton:	SHARE - New England, 146 Will Drive 02021 (617) 828-5151
Danvers:	North Shore Elder Services, 152 Sylvan St. (508) 750-4540
Fall River:	Southeast Center for Independent Living, 170 Pleasant St. 02712 (508) 679-9210
Fitchburg:	Montachusett Home Care Corp., 545 Westminster St., 01420 1-800-734-7312
Foxborough:	Health and Social Services, Carpenter St., Consortium, Inc. (HESSCO) 02035 1-800-462-5221
Greenfield:	Social Service Help, 39 Federal St. 01301 (413) 774-2318
Somerville:	Somerville Council on Aging, 167 Holland St. 02144 (617) 625-6600
Southbridge:	Tri-Valley Elder Services, 284 Worcester St. 01550 (508)-764-2501
Turners Falls:	Franklin Co. Home Care, Central St. 01376 (413) 863-2437
Waltham:	American Cancer Society, 255 Bear Hill Rd. 02154 (617) 890-2460
Watertown:	Two-Ten Foundation, 56 Main St. 02172 (617) 923-4500
Worcester:	AdCare Hospital, 107 Lincoln St. 01605 (800)ALCOHOL
Worcester:	Health Awareness Ser. of Cent. MA, 110 June St., 01602 (508) 753-0800
Worcester:	Mass. Assoc. for the Blind, 51 Harvard St. 01609 (508) 754-5571

MCDHH
INFORMATION
SERIES

TOPIC:

DESCRIPTION OF THE MASSACHUSETTS COMMISSION FOR THE DEAF AND HARD OF HEARING (MCDHH)

Massachusetts Commission for the Deaf and Hard of Hearing

What is the MCDHH?

- The Massachusetts Commission for the Deaf and Hard of Hearing (MCDHH) is a commission, under the Executive Office of Human Services, which serves as the principal agency in the state on behalf of deaf and hard of hearing people.

What are the primary mandates for the MCDHH?

- The Commission was established to advocate, provide and coordinate public policies, regulations and programs to provide full and equal opportunity for deaf and hard of hearing people in Massachusetts.

- The MCDHH is mandated to improve accessibility and quality of existing services and promote or deliver necessary new services.

- The Commission is mandated to increase public awareness, determine the extent and availability of services, determine the need for further services, and make recommendations to the Governor.

What services and programs does the MCDHH offer?

- Interpreter Services maintains and coordinates a statewide sign language interpreter referral service for deaf and hard of hearing persons; screens and approves potential interpreters; provides information regarding interpreter services, evaluations and certifications; supports training of interpreters; and assists in determining competence in American Sign Language.

- Fund for Purchase of Interpreter Services pays for interpreter services for many types of events in which other agencies are not legally responsible to pay.

- Public Education and Information Services provides public education, accessibility training, information sheets, a newsletter, speakers, and general information related to deaf and hard of hearing people, needs and services.

- TDD Distribution Program rents or sells at a discount TDDs (TTYs) to eligible residents of Massachusetts who apply.

- The Case Management Program provides referral services, cross-agency case coordination, technical assistance to agencies around cases, assistance to deaf and hard of hearing individuals with complex life situations, and Chapter 688 Transitional Case Management services in special situations.

- Program Development and Special Services: MCDHH engages in development of needs assessments, action plans, information and consultation in areas such as: early intervention, education, elder services, housing, employment and special services for hard of hearing persons.

continued ... other side

- o ALD Demonstration Loaner Program provides, on a limited basis, assistive listening devices to state agencies for major conferences and meetings prior to purchase of their own equipment.
- o Legislative Update Services provide information on state and federal legislative activity having an impact on deaf and hard of hearing people.
- o Contracted Services:
  - o Independent Living Programs for Deaf and Severely Hard of Hearing People located at:

    Ad-Lib Center for Independent Living, Inc., Pittsfield

    Center for Living and Working, Worcester

    D.E.A.F., Inc., Allston

    Northeast Independent Living Program, Inc., Lawrence

    Southeast Center for Independent Living, Fall River

    Stavros Center for Independent Living, Springfield
  - o Statewide Massachusetts TTY/Telephone Message Relay Service located at D.E.A.F., Inc. in Allston.

'here are the MCDHH offices?

- o Administrative Office and Eastern Massachusetts Regional Services:

  Massachusetts Commission for the Deaf and Hard of Hearing
  600 Washington Street, Suite 600
  Boston, MA 02111
  (800) 882-1155 TDD/V
  (617) 727-5106 TDD/V

- o Central Massachusetts Regional Office:

  Massachusetts Commission for the Deaf and Hard of Hearing
  22 Front Street
  P.O. Box 8210
  Worcester, MA 01614
  (508) 755-4084 TDD/V

- o Western Massachusetts Regional Office:

  Massachusetts Commission for the Deaf and Hard of Hearing
  1694 Main Street
  Springfield, MA 01103
  (413) 788-6427 TDD/V

ABOUT THE MENTAL HEALTH ASSOCIATION

The **MENTAL HEALTH ASSOCIATION OF CENTRAL MIDDLESEX** was established as the education and prevention arm of the mental health system in 1956. We are a private, non-profit citizens' organization devoted to the advancement of mental health, the prevention of mental illness, and the rehabilitation of the mentally ill. We believe that PREVENTION holds the greatest potential both in human terms and for cost effectiveness.

The MENTAL HEALTH ASSOCIATION has a long record as the sole, objective source for information and referral. We are able to provide this important objectivity because we are not providers of direct clinical services. Devoted to the concepts of Education, Prevention and Advocacy, the MHA is the CLEARING-HOUSE FOR MENTAL HEALTH SERVICES AND PROGRAMS in Central Middlesex.

We serve nine towns – Acton, Bedford, Boxborough, Carlisle, Concord, Lincoln, Littleton, Maynard and Stow. MHA is a tax-exempt organization, supported by grants from the Acton/Boxborough, Concord/Carlisle, Maynard and Stow Community Chests, corporations, membership dues and fund-raising events.

Brochure Sponsored by:
The Middlesex Savings Bank
The Cooperative Bank of Concord
Assabet Savings Bank

MENTAL HEALTH ASSOCIATION
OF
CENTRAL MIDDLESEX
Community Agencies Building
Concord, Massachusetts 01742

NON-PROFIT ORG.
U.S. Postage
PAID
CONCORD, MA
Permit No. 55

ALL YOU NEED TO KNOW

ABOUT MENTAL HEALTH SERVICES and RESOURCES

MENTAL HEALTH ASSOCIATION of CENTRAL MIDDLESEX

369-7715

369-7715

ABOUT OUR SERVICES

The **MENTAL HEALTH ASSOCIATION** offers a broad range of services and addresses all aspects of mental health and mental illness. Services are free of charge to all who live or work in Central Middlesex.

Services and programs may focus on chronic mental illness, alcoholism, substance abuse, adult children of alcoholics, child abuse and neglect, domestic violence, aging, adolescence, depression, individuals and families in crisis, supports for singles, stress, community task forces, or any other mental health area.

Your **MENTAL HEALTH ASSOCIATION** provides:

INFORMATION AND REFERRAL

As the clearinghouse of mental health services and programs we help individuals, groups and agencies find and take advantage of appropriate services and resources.

EDUCATION

Prevention through community education is a primary goal. We offer groups, programs, open meetings, a speakers bureau, lectures, workshops and films.

SUPPORT PROGRAMS

The Mental Health Association offers ongoing support programs. These include the Wayfarers' Social Club for formerly hospitalized patients and other lonely or isolated community members; and a support group for family members of the mentally ill.

LIBRARY

Our mental health library is available for community, student and professional use. It includes books, pamphlets, films and videos. Come use our collection.

ADVOCACY

The Mental Health Association provides information on public policy and legislation through our newsletters and special mailings. We participate in a process of education about mental health issues for both the public and public officials. We also monitor the provision of mental health services, assess community needs and respond to those needs.

NETWORKING

We bring together individuals, groups and agencies interested in specific mental health topics. We help local agencies stay in touch with each other and with the communities they serve.

CONSULTATION

The Mental Health Association offers free program planning and consultation to schools, faith groups, police, parents' groups, and othe community groups.

The Women's Center

46 Pleasant St.
Cambridge, Massachusetts 02139
Tel. 617-354-8807

RESOURCES FOR SURVIVORS OF CHILD SEXUAL ABUSE

Support and Discussion Groups

- Incest Survivors Network monthly facilitated drop-in discussion (third Thursday, 7:30-9:15), wheelchair accessible.
- Weekly drop-in discussion groups (Thursdays, 7:30-9:30).
- Incest Survivors Anonymous (Fridays 6:30-8pm).
- Incest Survivors ThinkTank (first Wednesday, 7:15-9:15). Feminist political discussions about incest. This is not a therapy group.
- Support groups for women with multiple personalities (closed groups).

Referral Information

- Child sexual abuse referral book (staff office).*
  National listing of incest survivors' groups.
  Incest Survivors Anonymous (ISA) meeting schedules.
  Survivors of Incest Anonymous (SIA) meeting schedules.
- Women's Center therapy referral forms (staff office).* These contain detailed descriptions of therapists' specialties, fees, philosophy, etc.; included are therapists with experience working with women with multiple personalities and ritual abuse survivors.
- Victims of Violent Crime: agencies located throughout Massachusetts.
- Articles on ritual abuse, multiple personalities and self-injury.
- Incest Survivors Network Resource Book (sitting-room).
  Includes information on therapists specializing in child sexual abuse, bodywork practitioners, educational resources, newsletters, legal and legislative resources, feedback sections.

Publications and Tapes

- *For Crying Out Loud*, a newsletter for women survivors of child sexual abuse (sitting room).
- Incest Resources articles and audiotapes. Articles are in Women's Center Library. To order, see fliers on table in sitting room.

Public Speaking

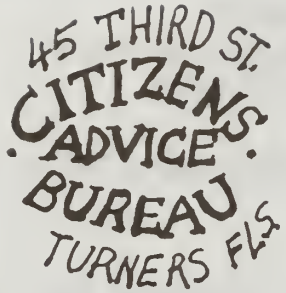
- Incest Survivors Network Speakers Bureau. Network speaks to universities, schools, clinics and on T.V. and radio programs.

Consultations to Other Professionals/Training

- Incest Resources. 492-1818.

*Any woman can look at materials kept in the staff office by asking the woman answering the phone. Materials can be taken into the sitting room, but may not be removed from the Women's Center.

Drop in or call: 10am-10pm, Monday-Thursday; 10am-8pm Friday; 11am-2pm Saturday.



45 Third St.
Turners Falls
Ma 01376
August 14th 1989

Dear sir or ma'am,

The Citizens Advice Bureau will be opening to the public in September. It is a non-profit organization which is organized and staffed by volunteers.It will offer the public information and referral services from a storefront in Turners Falls. It will be a resource center. The public will be able to browse through literature for services and programs available to residents of Franklin County.

Because the main emphasis of the Citizens Advice Bureau will be that of a resouce center, we are depending heavily on your support by sending us your posters, pamphlets,leaflets, booklets and books that describe your services.

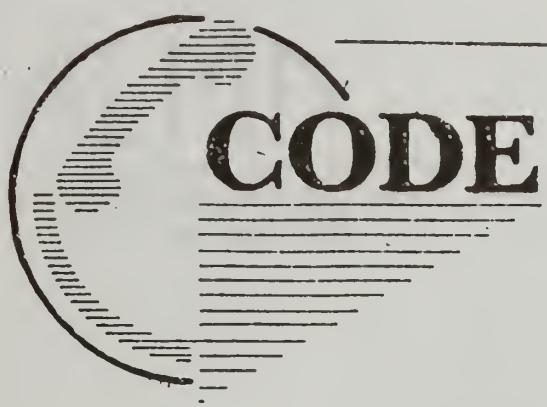
We expect to have a large community bulletin board which will display information on support groups,posters from agencies, and lists. Volunteer staff will be available for the public to consult. We are compiling an index of services available. However, it is your pamphlets and literature which will make your services capture the attention of the public.

Sincerely Yours

Anne Matthews

Anne Matthews

Citizens Advice Bureau



4 SCHOOL STREET
ACTON MA 01720
263-8777
486-3130

Description of CODE'S Services

Hotline - Confidential crisis hotline and information and referral services available 24 hours a day, seven days a week. Volunteers are trained to respond to crises such as drug problems, suicide and abusive situations.

Pregnancy Testing - Pregnancy testing is available at several sites throughout our service area. This service is available to women of all ages, and anonymity is maintained with a system of code letters. After the test is completed, trained volunteers inform the woman of the results and are available to talk with her about her feelings as well as her options.

Free Legal Services - Several lawyers provide free legal consultation over the phone to callers in catchment area. Caller must identify self as having gotten referral from CODE.

Elderly Reassurance Calls - This service is provided to elderly people who live alone. Calls are made to each person at a designated time to ensure their safety and provide social contact. A backup person or the police are notified if the phone is not answered.

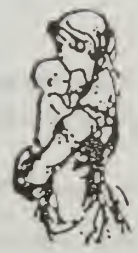
Message relay for the Hearing Impaired - The use of a TTY machine allows CODE to translate messages to and from hearing impaired individuals. Conversations are not time limited.

Drug Education - Staff and volunteers work with area schools to provide drug and alcohol education to students with an emphasis on decision making. Workshops provided for school staff, parents and community members. Consultation given to community groups organizing to fight drug and alcohol abuse.

Training - CODE provides extensive training to individuals and groups in basic crisis intervention skills as well as specific subject areas such as suicide, drugs and depression.

HOTLINE/MULTI-SERVICE CENTER

ALMA
Adoptees Liberty Movement Association
P. O. Box 154, Washington Bridge Station
New York, New York 10033



THE TRUTH OF HIS ORIGIN IS THE BIRTHRIGHT OF EVERY MAN.

THE ALMA SOCIETY INC.

The Adoptees' Liberty Movement Association (ALMA) is a search and support organization for adult adoptees, natural parents of adoptees over 18 years old, as well as siblings and others who have been separated from their families.

ALMA is a non-profit, tax exempt organization chartered in the state of New York with approximately 70 chapters across the country and membership extending internationally.

ALMA was founded in March of 1971 when a small ad appeared in the personal column of the New York Times. The ad was placed by Florence Fisher after she had completed a twenty-year search for her natural parents. She wondered if she was isolated in her feelings and experiences regarding her adoption and need to know her heritage. But the hundreds of reponses pouring into the post office box indicated that there was a lot of others who shared her feelings and needs.

Since 1971 Ms. Fisher has functioned as ALMA President and chief spokesperson for adoptees' rights and is assisted by a staff of dedicated volunteers internationally.

As ALMA has grown over the years, the objectives have expanded to encompass the changing needs of its members. Thousands have united to raise the consciousness of the country to the injustice of the "sealed records." Mutual assistance in search still remains a priority. A network of understanding, compassion and information exists to remind members that they are not alone. The RIGHT TO KNOW is an emotional issue as well as a legal one.

WHO BELONGS TO ALMA

REGULAR MEMBERSHIP

For those who may be actively in search and utilizing ALMA's many services, such as:

- adult adoptees
- natural parents of adoptees over 18 years old
- adults separated from family members

ASSOCIATE MEMBERSHIP

For those not participating in a search, but who believe in the rights of adult adoptees and belong to ALMA to show support for the adoption movement. People such as:

- adoptive parents
- natural parents of minor adoptees
- social workers

LEGISLATIVE CHANGE

Legislatures across the country have taken long hard looks at the existing laws. ALMA members are working to help educate legislators so they may pass laws that will guarantee the adult adoptee equal rights to knowledge of their heritage.

Please send me further information regarding **The ALMA Society, Inc.**

PLEASE PRINT LEGIBLY

Name _____
First Name MI Last Name

Mailing Address _____
Street Number

_____
City State Zip

Home Phone _____ Work Phone _____

Place of adoption or place of search _____
City County State

Adoptee's birth date _____/_____/_____

I am:
- ☐ adoptee
- ☐ natural parent
- ☐ sibling
- ☐ adoptive parent
- ☐ other _____

Mail this request to:

The ALMA Society, Inc.
P.O. Box 154
Washington Bridge Station
New York, NY 10033

OR to the Local Chapter at:

ALMA Chapter
Ruth Roland
PO Box 595
North Andover MA 01845

9

WHAT DOES ALMA OFFER?

ALMA INTERNATIONAL REUNION REGISTRY

Located at the national headquarters in New York City, this multi-level system has, since 1971, proven itself through the enumerable "match-ups" that have taken place. It is the largest, most successful databank of its kind in existence.

ALMA SEARCH ASSISTANTS

Members who have completed their searches and volunteered their aid, knowledge and moral support to those still in search. These trained volunteers do not do one's search, but guide members through their searches step-by-step at no additional fee.

SEARCHER'S GUIDE

The Official ALMA's Searchers' Guide is a 56-page, step-by-step, guide which takes searchers from the overall picture of adoption through the completion of a search with emphasis on understanding the unknown.

SEARCH BUDDIES

"Search Buddies" are members across the country who have offered their assistance to do research legwork for fellow members whose search area is within the buddies' locale and who live too far from the area to take advantage of search sources that are not available by phone or mail.

SEARCH WORKSHOPS

In most chapters, workshops are held monthly and are open to regular members. Members bring photocopies of their adoption or search-related documents and are advised by trained Search Assistants on how to proceed.

RAP SESSIONS

In some areas, there are also smaller group sessions at which members may discuss their experiences and get the support of others in a more casual setting. Even after a search has been completed, many members need continued support.

LIBRARY

Among the thousands of volumes maintained in the ALMA Library are city directories, phone directories, church, school and social directories, etc.

PUBLICATIONS

SEARCHLIGHT is a national newsletter which, along with other bulletins, keeps the members informed of activities in all chapters, reunions, court cases and legislation.

SPEAKERS

The increasing attention paid to the issues surrounding adoption and the rights of adult adoptees has created the opportunity for many members to address interested groups and organizations concerning their experiences.

IN CLOSING

The ALMA Society, Inc. is supported solely by membership dues and donations.

THE ALMA SOCIETY, INC.
NATIONAL HEADQUARTERS
P.O. BOX 154
WASHINGTON BRIDGE STATION
NEW YORK, NY 10033

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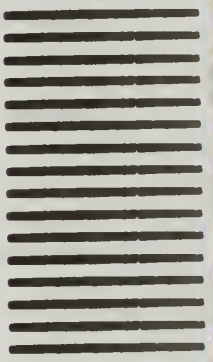

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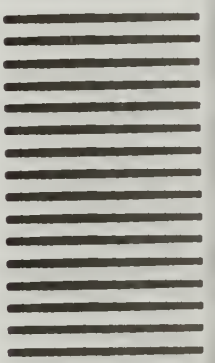

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